
Make It Local
Recipes for Alaska's Children

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## How This Book Came About

The idea for creating this book came about from the trend of schools, child care centers and residential child care institutions preparing their menu items from scratch and using locally grown products in those recipes.

The purchasing of locally grown or harvested foods has risen substantially in the last few years. In the 2012 Farm to School census, approximately 68 percent of our schools reported participating in Farm to School activities. At 53 percent, seafood and vegetables are reported as the most commonly purchased local foods for service. In increasing the use of local foods, there was a corresponding need for recipes using Alaska grown and harvested products that are less common in the Lower 48 such as moose, reindeer, and caribou.

Through a grant from USDA Team Nutrition, the Department of Education & Early Development in collaboration with the UAF Cooperative Extension Service and the Farm to School Program created the Make it Local Recipes for Alaska's Children with much thought and planning. We hope that you enjoy it and remember to have fun when preparing and serving the recipes to children throughout Alaska.

Jo Dawson, DEED, Alaska Child Nutrition Programs
Ellen Hackenmueller, DEED, Alaska Child Nutrition Programs
Sue Lampert, DEED, Alaska Child Nutrition Program

## Dedication

This cookbook is dedicated to Cheryl Forrest in appreciation for her work with children in Alaska.

## Special Thanks

To the Make it Local Recipes for Alaska's Children Advisory Committee who volunteered their time, expertise and recipes to develop this cookbook for Alaska schools and child care centers:

Cheryl Forrest, Rural Cap
Tanya Dube, Bristol Bay Borough School District
Sandy Ponte, Cordova School District
Eldon Wartes, Boys and Girls Home
Geno Ceccarelli, North Slope Borough School District
Gen Armstrong, Haines Borough School District
Johanna Herron, Alaska Farm to School Program Coordinator

To Kate Idzorek and Danielle Flaherty, who developed and revised each recipe and prepared them so Alaska students could sample the recipe and for taking beautiful pictures of the finished products.

To the Fairbanks North Star Borough School District and the Boys and Girls Home of Alaska for allowing their students to sample the recipes for this cookbook.

Layout and design: Annie Kincheloe, A Sign of Design

# How to Use this Cookbook

*This collection of "from scratch recipes" highlight foods that are unique to Alaska and have been tested to be "kid–friendly". The recipes have been formatted to provide step by step instructions.*

*The recipes have been standardized for 25 or 75 servings and meet the portion requirements for both the National School Lunch Program (NSLP) and the Child and Adult Care Feeding Program (CACFP); adjustments can be made based on serving size needs.*

*The recipes have an ingredient list and step by step directions that are easy to follow. It is important that the foodservice staff follow each step so that the finished product has the same quality each time it is served to the students.*

*For your convenience, the nutrient facts and meal component credits are specified for each recipe. You may notice on some recipes that the amount of the meal component credit is less than the serving size. The staff at Cooperative Extension Service intentionally provided conservative crediting amounts to ensure all servings provided the meal component credit as presented.*

*All of the locally grown or harvested foods in each recipe are highlighted with* ***bold blue font****.*

## Recipe Resources

These recipes were developed originally or adapted from the following resources:

*USDA Recipes for Schools,* National Food Service Management Institute, University of Mississippi

*New School Cuisine: Nutritious and Seasonal Recipes for Schools Cooks* by School Cooks Vermont FEED: Vermont Agency of Education; School Nutrition Association of Vermont.

Alaska Farm to School Program and University of Alaska Fairbanks Cooperate Extension Service

USDA Standardized Recipes

*Eat Local Alaska Grown Cookbook*; Eat Local Club

Tanya Dube, Bristol Bay Borough School District

Sandy Ponte, Cordova School District

Geno Ceccarelli, North Slope Borough School District

Gen Armstrong, Haines Borough School District

Kate Idzorek, UAF Cooperative Extension Service

Danielle Flaherty, UAF Cooperative Extension Service

## Online Resources

Alaska Grown Source Book Home Page
http://dnr.alaska.gov/ag/sourcebook/sourcebookindex2014.html

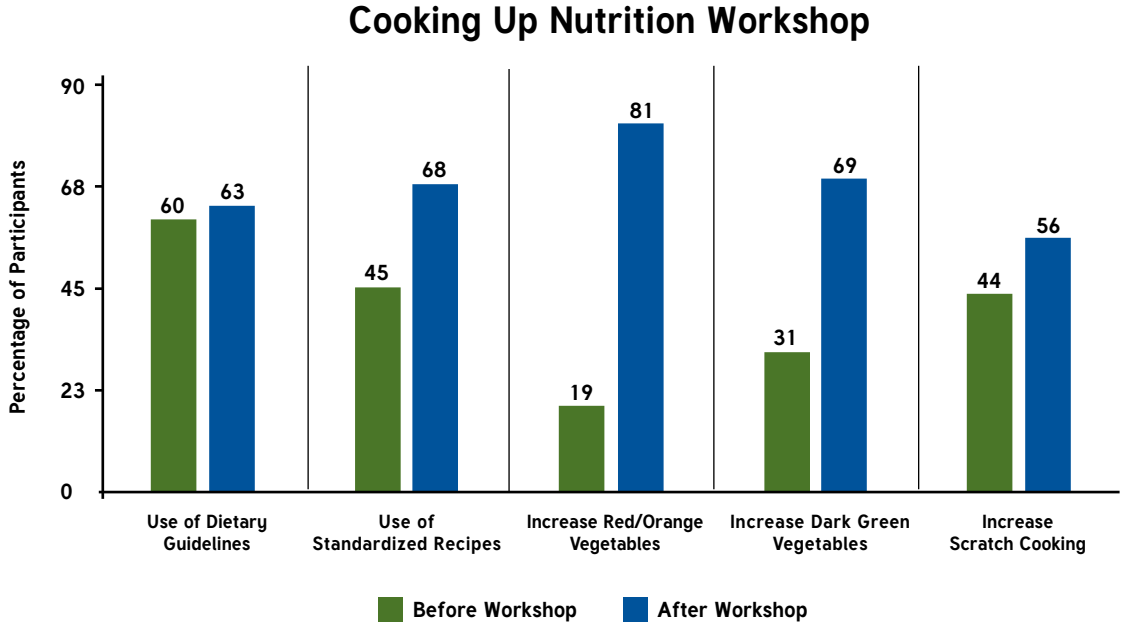
Eat Local Grown Cookbook
http://eatlocalalaskagrown.org/alaska-grown-recipes/

USDA Recipes for Schools
http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMiZpc01ncj10cnVl

# Cooking Up Nutrition Workshops

The Cooking Up Nutrition Workshops offered foodservice personnel at the district and agency site level to gain a greater knowledge of the use of standardized recipes and the 2010 Dietary Guidelines. The workshop focused on hands-on scratch cooking using sweet potatoes, legumes, and whole grains along with reducing the fat and sodium amounts in recipes.

Surveys were taken by the participants to determine how effective the **Cooking Up Nutrition Workshops** were. Participants had to complete an action plan identifying measures that they intended to take upon return to their school or agency. Implementation surveys were taken by participants to determine if the workshops were a success. Results showed there was an increase in the use of standardized recipes, using the Dietary Guidelines to plan menus, serving of red/orange and dark green vegetables and scratch cooking and baking.



# Notes

# Asian Slaw with Sunnies

Vegetable

"It looks like brains, but yummy."

# Asian Slaw with Sunnies

## Helpful Notes

*Asian type slaws get their distinct flavor from the rice vinegar and the sesame oil.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Cabbage**, Napa or Red, shredded | 3 qts + 3 cups | 2 gal + 3 qts + 1 cup |
| **Onion**, red or sweet yellow, finely diced | 2 cups | 2 quarts + 2 cups |
| Sunflower sprouts* (optional) | 1 qt + 3 1/2 cups | 1 gal + 1 qt + 2 1/2 cups |
| Rice vinegar | 2 1/2 cups | 1 quart |
| Sesame oil | 1 cup | 3 1/2 cups |
| Olive oil | 1/2 cup | 2 3/4 cups |
| Salt | 2 Tbsp + 1 1/2 tsp | 1/3 cup + 2 tsp |
| Sugar | 1/4 c. + 3 Tbsp + 1 1/2 tsp | 1/4 c. + 2 tsp + 1 1/2 tsp |
| Sesame seeds, toasted | 1 cup | 2 3/4 cups |

**Serving Size:** 1 cup
**Credit As:** 3/4 cup other vegetable

*Sprouts are potentially hazardous for young children and older adults.

## DIRECTIONS

1. In large bowl, combine cabbage, onion and sunflower sprouts (if using). Stir to combine.
2. In separate bowl, combine rice vinegar, sesame oil, olive oil, salt, sugar and sesame seeds. Whisk to combine.
3. Pour oil mixture over cabbage mixture. Stir to combine.
4. Cover bowl and place in refrigerator for a minimum of 1 hour before serving for a better flavor.

   CCP: Cool to 41°F or lower within 4 hours.
5. Serve:

   If using sunflower sprouts, serve 1 cup (2—No. 4 scoops) per plate.

   If **NOT** using sunflower sprouts, serve 3/4 cup (No. 5 scoops + No. 16) per plate.

**Nutrition Facts**
Serving Size (165g)
**Calories** 250
Calories from Fat 140

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 16g | 25% | **Total Carbohydrate** 26g | 9% |
| Saturated Fat 2g | 10% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 13g | |
| **Cholesterol** 0mg | 0% | **Protein** 5g | 10% |
| **Sodium** 710mg | 30% | | |

Vitamin A 20% • Vitamin C 40% • Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Baked Halibut

"Fishy fun in my mouth."

Meat/ Meat Alternate

# Baked Halibut

## Helpful Notes

*Be creative and make your own mix of herbs and spices.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Halibut**, raw, boneless, skinless fillets | 5 lb 13 oz | 17 lbs 9 oz |
| Lemon juice (optional) | 1 Tbsp | 3 Tbsp + 1 tsp |
| Salt | 3/4 tsp | 2 1/4 tsp |
| Onion powder | 3/4 tsp | 2 1/4 tsp |
| Garlic powder | 1/3 tsp | 1 tsp |
| Thyme, dried, ground | 1/4 tsp | 3/4 tsp |
| Coriander, dried, ground (optional) | 1/3 tsp | 1 tsp |
| Black pepper | 1/4 tsp | 3/4 tsp |

**Serving Size:** 2 1/2 oz cooked
**Credit As:** 2 oz M/MA

## DIRECTIONS

1. Cut fillets into 3 oz portions if desired, or leave whole and portion after baking.
2. Spray sheet pan with pan release spray and place halibut onto pan.
3. Sprinkle halibut with lemon juice if using.
4. Mix together spices and sprinkle evenly over fish.
5. Bake:

   Conventional oven: 350°F for 20–25 minutes

   Convection oven: 325°F for 16–20 minutes

   CCP: Heat to 145°F or higher for at least 15 seconds.

**Nutrition Facts**
Serving Size (106g)
**Calories** 100
Calories from Fat 15

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 1.5g | 2% | **Total Carbohydrate** 0g | 0% |
| Saturated Fat 0g | 0% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 0g | |
| **Cholesterol** 50mg | 17% | **Protein** 20g | 40% |
| **Sodium** 140mg | 6% | | |

Vitamin A 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Banana Muffins

Grain

"I love it."

# Banana Muffins

## Helpful Notes

*These may be made the day ahead. Once completely cooled, store in airtight container.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Barley flour** | 2 cups | 1 quart + 2 cups |
| All–purpose flour | 1 3/4 cups | 1 quart + 1 1/4 cups |
| Salt | 1 tsp | 1 Tbsp |
| Baking soda | 2 1/4 tsp | 2 Tbsp + 1 tsp |
| Canola oil or other transfat free oil | 3/4 cup | 2 1/4 cup |
| Sugar | 1 cup | 3 1/4 cups |
| **Eggs** | 4 each | 12 each |
| Vanilla extract | 2 tsp | 2 Tbsp |
| Bananas, very ripe, mashed | 2 1/4 cups | 1 quart + 2 1/4 cups |
| Water | 1/2 cup | 1 1/2 cups |

**Serving Size:** 1 muffin
**Credit As:** 2 oz WGR grain

## DIRECTIONS

1. In large bowl, combine barley flour, all-purpose flour, salt and baking soda. Stir until fully combined and set aside.
2. In mixer with paddle attachment, place canola oil, sugar, eggs and vanilla. Mix on medium–low speed, 2–3 minutes or until fully combined.
3. Add mashed bananas and water and mix on medium–low, another 2–3 minutes until fully combined.
4. Add dry ingredients and mix on medium speed until just combined. Batter may still have a few lumps.
5. Pour 1/3 cup batter into prepared muffin tins. (Muffin tins can either be lined with paper liners or sprayed with pan release spray and coated in flour).
6. Bake:

   Conventional oven: 325°F for 20–25 minutes

   Convection oven: 300°F for 16–18 minutes

   Or until a toothpick inserted into the center of one comes out clean.

Cool on wire rack until completely cooled.

**Nutrition Facts**
Serving Size (64g)
**Calories** 180
Calories from Fat 70

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 8g | **12%** | **Total Carbohydrate** 25g | **8%** |
| Saturated Fat 1g | **5%** | Dietary Fiber 2g | **8%** |
| Trans Fat 0g | | Sugars 11g | |
| **Cholesterol** 30mg | **10%** | **Protein** 3g | **6%** |
| **Sodium** 220mg | **9%** | | |

Vitamin A 2% • Vitamin C 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Barley Pizza Crust

Grain

"This pizza crust is fast, and easy to prepare."

# Barley Pizza Crust

## Helpful Hints

*When rolling out the dough it may want to bounce back instead of spreading out to the edges of the pan. If it becomes too difficult to work with, cover with plastic or a towel and allow to sit undisturbed for a few minutes while working on the next pan(s) of dough.*

| INGREDIENTS | 25 SERVINGS | 75 SERVING |
|---|---|---|
| All–Purpose flour | 2 1/2 cups | 7 1/2 cups |
| Whole wheat flour | 1 1/4 cups | 3 3/4 cups |
| **Barley flour** | 2 cups + 2 Tbsp | 6 cups + 2 Tbsp |
| Salt | 1 tsp | 1 Tbsp |
| Sugar | 1 Tbsp | 3 Tbsp |
| Yeast | 2 Tbsp + 2 tsp | 1/2 cup |
| Water, at 70° F | 2 1/4 cups | 1 quart + 2 3/4 cup |
| Canola oil | 2 Tbsp + 1 tsp | 1/4 cup + 3 Tbsp |
| Corn meal | 1 Tbsp | 3 Tbsp |

**Serving Size:** 1 piece
**Credit As:** 1 1/2 oz WGR grain

**Tip:** For best results, have all ingredients and utensils at room temperature.

## DIRECTIONS

1. Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook on low speed until combined, about 30 seconds.
2. Combine warm water and oil. Add liquids to the dry ingredients. Mix on low until combined. Turn mixer to medium speed and mix until dough is very stiff and bounces back when pressed with a thumb, about 12 minutes.
3. Shape dough into a ball and place into a lightly greased container. Cover with plastic wrap or a lid and place in a warm area to rise until doubled in size, approximately 45 minutes to an hour.
4. Preheat oven to 400°F.
5. Punch dough down and divide into balls as necessary. For 25 servings leave dough as one ball. For 75 servings divide into 3 balls. All dough balls will be approximately 2 lbs 6 oz. Keep dough balls covered until ready to use.
6. Lightly coat half-sheet pans (13”x18”x1”) with pan release spray and sprinkle with cornmeal or cover with parchment paper. For 25 servings, use 1 half-sheet pan. For 75 servings, use 3 half-sheet pans.
7. Place each dough ball on lightly floured surface and roll out to 1/8” thickness, transfer to prepared pan.
8. Add toppings and place in oven and bake for 15–18 minutes or until done.
9. Remove from oven and cut each half-sheet pan into 25 servings (5 x 5).

**Nutrition Facts**
Serving Size grams (53g)
**Calories** 110
Calories from Fat 5

| Amount Per Serving | % Daily Values* |
|---|---|
| **Total Fat** 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 95mg | 4% |

| Amount Per Serving | % Daily Values* |
|---|---|
| **Total Carbohydrate** 24g | 8% |
| Dietary Fiber 3g | 12% |
| Sugars 1g | |
| **Protein** 3g | 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Beef Stroganoff

Meat/ Meat Alternate

Grain

# Beef Stroganoff

## Serving Secrets

*Mushrooms can be easily minced by placing in a food processor and pulsing them a few times.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Beef**, **caribou** or **moose**, roast or steaks, cut into 1/4" strips | 4 lbs. | 12 lbs. |
| **Onion**, diced | 1 quart + 2 cups | 1 gallon + 1 2/3 cups |
| Mushrooms, canned, drained, minced | 1 quart + 2 cups | 1 gallon + 1 2/3 cups |
| Canola oil | 1/4 cup | 3/4 cup |
| All–Purpose flour | 1 quart | 2 quarts + 3 cups |
| Beef broth | 1 quart | 2 quarts + 3 cups |
| Salt | 1 1/2 tsp | 1 tbl + 1 1/4 tsp |
| Pepper | 1/2 tsp | 1 1/4 tsp |
| Sour cream | 2 cups | 1 quart + 1 3/4 cups |
| Brown rice or whole wheat egg noodles, fully cooked | 1 gal + 3 cups | 3 gals + 1 qt + 1 cup |

**Serving Size:** 3/4 cup brown rice or whole wheat egg noodles + 1 cup beef with sauce.

**Credit As:** 2 oz M/MA and 2 oz WGR grain

## DIRECTIONS

1. Cut steak or roast into strips, approximately 1/4" x 1/4" x 1".
2. In large bowl, combine beef, onion, mushrooms, salt and pepper. Stir to combine.
3. Add flour and gently toss to evenly coat ingredients.
4. Heat oil in a large skillet on medium–high heat.
5. Add beef mixture to hot skillet. Stir to brown, about 5 minutes.
6. Stirring constantly, slowly add beef broth. Reduce heat to low and simmer about 20 minutes, stirring occasionally, until broth has formed a thick sauce.
7. Remove skillet from heat and stir in sour cream.

   CCP: Heat to 165°F or higher for at least 15 seconds.
8. Serve immediately or hot hold for service.

   CCP: Hot hold at 135°F or higher.

**Nutrition Facts**

Serving Size (396g)

**Calories** 430

Calories from Fat 100

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 11g | **17%** | **Total Carbohydrate** 58g | **19%** |
| Saturated Fat 3.5g | **18%** | Dietary Fiber 5g | **20%** |
| Trans Fat 0g | | Sugars 5g | |
| **Cholesterol** 55mg | **18%** | **Protein** 24g | **48%** |
| **Sodium** 460mg | **19%** | | |

Vitamin A 2% • Vitamin C 4% • Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Berry Rhubarb Crisp

Fruit

# Berry Rhubarb Crisp

## Cooks Tips

*Try replacing walnuts with any kind of nut.*

*Berries and rhubarb can be fresh or frozen.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Berries**, assorted varieties such as **blueberries**, **strawberries** or **raspberries** | 2 qts + 1/2 cup | 6 qts + 1 1/2 cups |
| **Rhubarb** | 1 quart | 3 quarts |
| Sugar, white | 2 cups | 1 quart + 2 cups |
| All–Purpose flour | 1 1/4 cup | 3 3/4 cups |
| Cinnamon | 1 Tbsp | 3 Tbsp |
| **Crumb Crust** | | |
| Oatmeal | 3 cups | 2 quarts + 1 cup |
| **Barley flour** | 1 cup | 3 cups |
| Salt | 1/2 tsp | 1 1/2 tsp |
| Brown sugar, packed | 1 cup | 3 cups |
| Walnuts (optional) | 1 cup | 3 cups |
| Margarine or (Trans fat free oil) | 1/2 cup (1/4 cup + 3 Tbsp) | 1 1/2 cups (1 1/4 cups + 1 Tbsp) |

**Serving Size:** 1 cup
**Credit As:** 3/4 cup fruit

## DIRECTIONS

1. Combine berries, rhubarb, sugar, flour and cinnamon in large bowl. Stir to combine.
2. Pour berry mixture into steamtable pans (20" x 12" x 2 1/2").
3. In a separate bowl, combine oatmeal, barley flour, brown sugar, walnuts and margarine or oil in a food processor fitted with a steel blade. Process for 1–2 minutes until the mixture is fully combined and crumbly in texture.
4. Dump crumb topping and spread evenly over berry mixture.
5. Bake:

   Conventional oven: 350°F for 50–60 minutes

   Convection oven: 325°F for 40–45 minutes
6. May be served cool or lukewarm. Cut each pan 5 x 5 or scoop a scant (a little less than) 1 cup serving per person.

**Nutrition Facts**
Serving Size (154g)
**Calories** 280
Calories from Fat 70

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 8g | **12%** | **Total Carbohydrate** 52g | **17%** |
| Saturated Fat 1g | **5%** | Dietary Fiber 4g | **16%** |
| Trans Fat 0g | | Sugars 32g | |
| **Cholesterol** 0mg | **0%** | **Protein** 4g | **8%** |
| **Sodium** 50mg | **2%** | | |

Vitamin A 2% • Vitamin C 15% • Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Breakfast Burrito

"So, so, so amazing!"

Meat/ Meat Alternate

Grain

Vegetable

# Breakfast Burrito

## Serving Secrets

*This can be served at breakfast or lunch.*

*Try serving the tortillas and filling separately and let the kids assemble their own burrito.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Tortillas**, whole wheat 8" | 25 each | 75 each |
| **Eggs** | 7–8 each | 22–24 each |
| Salt | 1/2 tsp | 1 1/2 tsp |
| **Potatoes**, shredded | 1 1/3 cups | 4 cups |
| **Zucchini**, shredded | 1 1/4 cups | 3 3/4 cups |
| **Carrots**, shredded | 3/4 cup | 2 1/4 cups |
| **Onion**, shredded | 1/2 cup | 1 1/2 cups |
| Cheddar cheese, shredded | 1 1/2 cups + 1 Tbsp | 4 3/4 cups |
| Salsa, mild | 1 1/2 cups + 1 Tbsp | 4 3/4 cups |
| Taco Meat (see recipe) | 3 cups + 2 Tbsp | 9 1/4 cups + 2 Tbsp |

**Serving Size:** 1 burrito
**Credit As:** 1/8 cup mixed vegetable; 2 oz M/MA; 1 oz WGR grain

## DIRECTIONS

1. In skillet, scramble eggs with a pinch of salt.
2. Prepare Taco Meat according to recipe on page 95.
3. In food processor, shred potatoes and set aside.
4. In food processor, shred zucchini, carrots and onions, set aside.
5. In skillet, saute potatoes with a pinch of salt and set aside.
6. In skillet, saute zucchini, carrots and onion with a pinch of salt. Add Taco Meat, stir and set aside.

For each burrito, top 1 tortilla with:

- 1 Tbsp + 1 1/2 tsp egg (1/2 oz)
- 2 tsp potatoes (1/3 oz)
- 2 Tbsp Taco Meat and vegetable mixture (1 1/2 oz)
- 1 Tbsp cheddar cheese
- 1 Tbsp salsa (or taco sauce)

Roll into burritos and serve.

**Nutrition Facts**
Serving Size (132g)
**Calories** 220
Calories from Fat 60

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 7g | 11% | **Total Carbohydrate** 27g | 9% |
| Saturated Fat 2.5g | 13% | Dietary Fiber 4g | 16% |
| Trans Fat 0g | | Sugars 2g | |
| **Cholesterol** 70mg | 23% | **Protein** 13g | 26% |
| **Sodium** 590mg | 25% | | |

Vitamin A 15% • Vitamin C 15% • Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Broccoli Salad

Vegetable

# Broccoli Salad

## Serving Secrets

*Let sit at least 30 minutes before serving to allow flavors to meld.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Broccoli** | 3 quarts + 1 cup | 1 gal + 2 qts + 2 cups |
| **Red onion** | 3/4 cup | 2 1/4 cups |
| **Carrots** | 1 quart | 3 quarts |
| Bacon, fully cooked, crumbled | 1/4 cup + 1 Tbsp | 3/4 cup + 3 Tbsp |
| Raisins | 2 1/4 cups | 1 quart + 2 3/4 cups |
| Mayonnaise, lite | 1 1/2 cups | 1 quart + 1/2 cup |
| Yogurt, plain, fat-free | 3 1/4 cups | 1 quart + 1 3/4 cups |
| Sugar, white, granulated | 2 Tbsp + 1 tsp | 1/4 cup + 3 Tbsp |
| Salt | 3/4 tsp | 1 1/4 tsp |
| Vinegar | 2 Tbsp + 1 tsp | 1/4 cup + 3 Tbsp |
| Water | 3/4 cup | 2 1/4 cups |

**Serving Size:** 1/2 cup
**Credit As:** 3/8 cup dark green vegetable

## DIRECTIONS

1. Trim broccoli and cut into bite-sized pieces.
2. Trim, peel and thinly slice onion.
3. Shred carrots in food processor or grate by hand.
4. Cook bacon until crispy. Drain, cool and crumble.
5. In large bowl, combine broccoli, diced onion, shredded carrots, bacon pieces and raisins.
6. In a medium mixing bowl or food processor fitted with steel blade, combine mayonnaise, yogurt, sugar, salt, vinegar and water. Whisk or blend until well combined. Pour over broccoli mixture and stir until fully combined.
7. Cool. Refrigerate until service.
   CCP: Cool to 41°F or lower within 4 hours.

**Nutrition Facts**
Serving Size (139g)
**Calories** 140
Calories from Fat 40

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 4.5g | 7% | **Total Carbohydrate** 22g | 7% |
| Saturated Fat 1g | 5% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 14g | |
| **Cholesterol** 10mg | 3% | **Protein** 5g | 10% |
| **Sodium** 310mg | 13% | | |

Vitamin A 20% • Vitamin C 90% • Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Carrot Muffins

"Great Awesome Goooooood!"

Grain

Vegetable

# Carrot Muffins

**Cook's Tip**

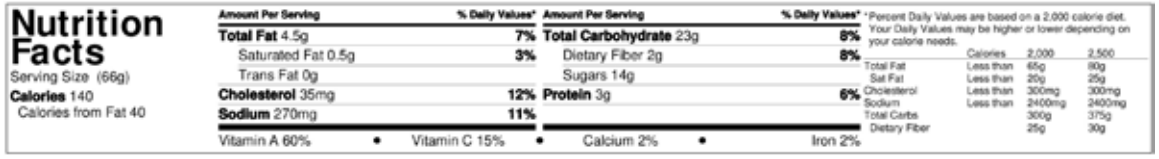
*Muffins may be made the day ahead. Once cooled, place in airtight container until ready to serve.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Barley flour** | 2 cups + 2 Tbsp | 1 qt + 2 1/4 c. + 2 Tbsp |
| Baking soda | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Salt | 1 1/4 tsp | 1 Tbsp + 3/4 tsp |
| Cinnamon | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Nutmeg (optional) | 1/2 tsp | 1 1/2 tsp |
| Ginger | 1 1/4 tsp | 1 Tbsp + 3/4 tsp |
| Sugar | 1 1/2 cups | 1 quart + 1/2 cup |
| Canola or other Trans fat free oil | 1/3 cup | 1 cup |
| Applesauce | 1 1/4 cups | 3 3/4 cups |
| **Eggs** | 5 each (1 1/4 c.) | 15 each (3 3/4 c.) |
| **Carrots**, shredded | 3 3/4 cups | 11 1/4 cups |

**Serving Size:** 1 muffin
**Credit As:** 2 oz WGR Grain and 1/8 cup red/orange vegetable

**DIRECTIONS**

1. In large bowl, combine barley flour, baking soda, salt, cinnamon, nutmeg and ginger. Stir until combined. Set aside.
2. In mixer with paddle attachment, combine sugar, canola oil and applesauce. Mix on medium–low speed until fully combined, 2–3 minutes.
3. Add egg and mix until fully combined, 2–3 minutes more.
4. Add carrots and mix until fully combined, 2–3 minutes.
5. Add dry ingredients and mix on medium until fully combined, 2–3 more minutes.
6. Pour 1/3 cup batter into prepared muffin tins (Use paper cups or spray tins with pan release spray and coat with flour).
7. Bake:
   Conventional oven: 350°F for 20–25 minutes
   Convection oven: 325°F for 16–18 minutes
   Or until a toothpick inserted into the center of a muffin comes out clean.
8. Cool completely on wire rack.



# Cioppino (Seafood Stew)

Meat/ Meat Alternate

Vegetable

# Cioppino (Seafood Stew)

## Helpful Hints

*Cioppino is a traditional San Francisco seafood stew. It usually has shellfish in it. This recipe does not but we encourage you to add it to yours.*

**Serving Size:** 1 cup
**Credit As:** 2 oz M/MA and 3/4 cup mixed vegetable

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Canola oil | 2 Tbsp + 1 tsp | 1/4 cup + 2 Tbsp |
| **Onion**, **carrots**, **celery**, **bell pepper**, chopped | 3 1/2 cups each | 2 qts + 1 1/2 c. each |
| **Zucchini** | 1 quart + 3 cups | 1 gallon + 3 quarts |
| **Tomatoes**, canned, diced w/juice | 1 quart + 2 cups | 1 gallon |
| Tomato paste | 3 Tbsp + 1 1/2 tsp | 1/2 cup + 2 Tbsp |
| Red wine vinegar | 1/4 cup + 3 Tbsp | 1 cup + 3 Tbsp |
| Chicken broth | 3 qts + 2 cups | 2 gals + 1 qt + 2 cups |
| Garlic powder | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Parsley, dried flakes | 1 3/4 tsp | 1 Tbsp + 1 1/2 tsp |
| Thyme, dried, ground | 1 tsp | 3 tsp |
| Basil, dried flakes | 1 tsp | 3 tsp |
| Black pepper | 1/2 tsp | 1 1/2 tsp |
| **Salmon**, cut into 1" chunks | 2 lbs. 3 oz. | 6 lbs. 9 oz |
| **White fish**, boneless, skinless cut into 1" chunks | 2 lbs. 3 oz. | 6 lbs. 9 oz |
| Cornstarch | 1 3/4 tsp | 1 Tbsp + 2 1/4 tsp |
| Water | 1/4 cup | 3/4 cup |

## DIRECTIONS

1. Heat oil in a large, heavy bottomed stock pot over medium/medium high heat. Add onion, carrot, celery, bell pepper and salt. Saute lightly, about 5 minutes, or until onion starts to become translucent.
2. Add zucchini, diced tomatoes, tomato paste, red wine vinegar, chicken broth, garlic powder, parsley, thyme, basil and black pepper. Bring to a boil then turn heat to low and simmer about 40 minutes.
3. In a small cup, whisk together the cornstarch and water to make a slurry.
4. Add salmon, white fish and the cornstarch and water slurry to the stew and stir to fully combine.
5. Simmer for 15 minutes more or until the fish is fully cooked.

   CCP: Heat to 165°F or higher for 15 seconds.
6. Serve immediately or hold for hot service. Use 8 oz. ladle to serve 1 cup servings.

   CCP: Hot hold at 135°F or higher.

**Nutrition Facts**
Serving Size (408g)
**Calories** 170
Calories from Fat 60

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 6g | 9% | **Total Carbohydrate** 11g | 4% |
| Saturated Fat 1.5g | 8% | Dietary Fiber 3g | 12% |
| Trans Fat 0g | | Sugars 6g | |
| **Cholesterol** 40mg | 13% | **Protein** 17g | 34% |
| **Sodium** 850mg | 35% | | |

Vitamin A 90% • Vitamin C 70% • Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Coleslaw

Vegetable

"Mouth-watering"

# Coleslaw

## Serving Secrets

*This would be great served with a pulled pork sandwich or with crispy fish fingers in a whole wheat tortilla.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Cabbage**, green, shredded | 2 quarts + 3 cups | 2 gallons |
| **Carrot**, grated | 2 3/4 cups | 2 quarts |
| **Celery**, thinly sliced | 2 cups | 1 quart + 1 1/2 cups |
| **Onion**, red, thinly sliced | 1/2 cup + 3 Tbsp | 2 cups |
| **Dressing:** | | |
| Yogurt, fat–free, plain | 2 cups | 1 quart + 2 cups |
| Mayonnaise, lite | 1 cup | 3 cups |
| Apple cider vinegar | 2 Tbsp + 2 1/4 tsp | 1/2 cup |
| Water | 1/4 cup + 1 Tbsp | 1 cup |
| Sugar | 1 Tbsp + 1 1/4 tsp | 1/4 cup |
| Salt | 1 1/4 tsp + 1/8 tsp | 1 Tbsp + 1 tsp |

**Serving Size:** 3/4 cup
**Credit As:** 3/4 cup other vegetable

## DIRECTIONS

1. In large bowl, combine cabbage, carrots, celery and onion. Toss to combine.
2. In separate bowl, combine yogurt, mayonnaise, apple cider vinegar, water, sugar and salt. Whisk to combine.
3. Pour yogurt mixture over cabbage mixture. Stir to evenly coat.
4. Cover bowl and place in refrigerator for a minimum of 1 hour before serving for a better flavor.

   CCP: Cool to 41°F or lower within 4 hours.
5. Serve: Place rounded 3/4 cup (No. 5 scoop) per plate.

**Nutrition Facts**
Serving Size (108g)
**Calories** 70
Calories from Fat 30

| Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
|---|---|---|---|
| **Total Fat** 3g | 5% | **Total Carbohydrate** 8g | 3% |
| Saturated Fat 0g | 0% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 5g | |
| **Cholesterol** 5mg | 2% | **Protein** 2g | 4% |
| **Sodium** 230mg | 10% | | |

Vitamin A 45% • Vitamin C 30% • Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Crab Cake

Meat/ Meat Alternate

Vegetable

"I love these crab cakes."

# Crab Cake

## Helpful Hint

*Replace dried parsley flakes with fresh parsley. Use 3 Tbsp fresh parsley for 25 servings. Use 1/2 cup + 1 Tbsp fresh parsley for 75 servings.*

*Replace coriander with fresh cilantro. Use 1 1/2 Tbsp of fresh cilantro for 25 servings. Use 1/4 cup fresh cilantro for 75 servings.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Crab meat** or immitation crab meat, fully cooked | 2 quarts + 2 cups | 1 gal + 3 qts + 2 cups |
| **Celery**, diced | 1 1/4 cups | 3 2/3 cups |
| **Onion**, diced | 1 1/4 cups | 3 2/3 cups |
| **Green pepper**, diced | 1 1/4 cups | 3 2/3 cups |
| **Eggs** | 6 each | 18 each |
| Bread crumbs | 2 cups | 1 quart + 2 cups |
| Worchestershire sauce | 2 Tbsp | 1/4 cup + 2 Tbsp |
| Lemon juice | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Mayonnaise, lite | 1/2 cup | 1 1/2 cups |
| Garlic powder | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Parsley flakes, dried | 1 Tbsp | 3 Tbsp |
| Coriander, dried, ground | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Mustard, dried, ground | 3/4 tsp | 2 1/4 tsp |
| Black pepper | 1/4 tsp | 3/4 tsp |

**Serving Size:** 1 cake (2/3 cup)
**Credit As:** 2 oz M/MA and 1/8 cup other vegetables

## DIRECTIONS

1. In large mixing bowl, combine all ingredients. Stir by hand until fully combined, or mix on low in a large mixer fitted with a paddle attachment.
2. Spray baking sheet or muffin tin with pan release spray. To make the cakes: Use a rounded 2/3 cup (#6 scoop) for each patty. Either form by hand or gently press into muffin tins.
3. Bake at 400°F for 25 minutes.
   CCP: Heat to 145°F or above for 15 seconds.
4. Serve or hold for hot service.
   CCP: Hot hold at 135°F or higher.

**Nutrition Facts**
Serving Size (96g)
**Calories** 120
Calories from Fat 30

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 3g | **5%** | **Total Carbohydrate** 12g | **4%** |
| Saturated Fat 0.5g | **3%** | Dietary Fiber 1g | **4%** |
| Trans Fat 0g | | Sugars 1g | |
| **Cholesterol** 45mg | **15%** | **Protein** 11g | **22%** |
| **Sodium** 200mg | **8%** | | |

Vitamin A 2% • Vitamin C 10% • Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Crab Salad

Meat/ Meat Alternate

Vegetable

"So good you need to put it in the school lunch."

# Crab Salad

## Serving Secrets

*Dark leafy greens may be substituted with romaine or other lettuce.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Crab meat** or immitation crab meat, fully cooked | 3 quarts | 9 quarts |
| **Celery**, diced finely | 1/2 cup | 1 1/2 cups |
| **Onion**, diced finely | 1/2 cup | 1 1/2 cups |
| **Green bell pepper**, diced finely | 1 cup | 3 cups |
| Yogurt, plain, fat free | 2 cups | 1 quart + 2 cups |
| Mayonnaise, lite | 1 cup | 3 cups |
| Lemon juice | 1 Tbsp | 3 Tbsp |
| Parsley, dried | 2 tsp | 2 Tbsp |
| Garlic, dried, powder | 1 tsp | 1 Tbsp |
| Dill, dried | 1 tsp | 1 Tbsp |
| Pepper, black, ground | 1/4 tsp | 3/4 tsp |
| Salt | 1/4 tsp | 3/4 tsp |
| **Dark leafy greens**, shredded (such as **Swiss chard**, **kale**, **spinach**, etc.) | 1 gal + 2 qts + 1 c. | 4 gals + 3 cups |

**Serving Size:** 1 cup dark leafy greens + 1/2 cup crab salad
**Credit As:** 2 oz M/MA and 1/2 cup dark green vegetable

## DIRECTIONS

1. In a large bowl, mix together crab, celery, onion, green bell pepper, yogurt, mayonnaise, lemon juice, parsley, garlic, dill, pepper and salt. Place in refrigerator for a minimum of 1 hour before serving to allow flavors to combine.
2. To serve: Place 1 cup of dark leafy greens onto plate. Top with 1/2 cup (No. 8 scoop) of crab salad.

**Nutrition Facts**
Serving Size (172g)
**Calories** 120
Calories from Fat 25

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 3g | **5%** | **Total Carbohydrate** 10g | **3%** |
| Saturated Fat 0g | **0%** | Dietary Fiber 1g | **4%** |
| Trans Fat 0g | | Sugars 3g | |
| **Cholesterol** 25mg | **8%** | **Protein** 13g | **26%** |
| **Sodium** 350mg | **15%** | | |

Vitamin A 70% • Vitamin C 40% • Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Crispy Fish Fingers

Meat/ Meat Alternate

Grain

# Crispy Fish Fingers

## Helpful Hints

*Replace 1/3 of breadcrumbs with cornmeal for a crunchier texture.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Fish (**halibut**, **cod** or **salmon**) | 5 lb. 8 oz. | 16 lbs 8 oz. |
| Cornstarch | 3 Tbsp | 1/2 cup + 1 Tbsp |
| Milk (or reconstituted powdered milk—reconstitute according to package instructions) | 3 cups | 2 quarts + 1 cup |
| **Eggs** | 9 each | 27 each |
| Breadcrumbs | 3 cups | 2 quarts + 1 cup |
| Cornstarch | 1 Tbsp + 1 1/2 tsp | 1/4 cup + 1 1/2 tsp |
| Salt | 2 1/8 tsp | 2 Tbsp + 3/8 tsp |
| Margarine, melted | 2 Tbsp + 1/2 tsp | 1/4 c. + 2 Tbsp + 1 1/2 tsp |

**Serving Size:** 3 oz cooked fish
**Credit As:** 2 oz M/MA and 1/4 cup WGR grain

## DIRECTIONS

1. Cut fish fillets into 1–2 oz. portions. Set aside.
2. Combine cornstarch, water, milk (or milk powder) and eggs in a large bowl. Let sit 5–10 minutes.
3. Meanwhile, combine breadcrumbs, cornstarch, salt and margarine in a food processor. Pulse or mix until fully combined. Place in large bowl and set aside.
4. Add fish to liquid in large bowl. Gently toss to fully coat all pieces. Let sit 3–5 minutes.
5. Pour fish and liquid into a collander and drain.
6. Dump drained fish pieces into the dry breadcrumb/cornmeal mixture. Gently toss to fully coat all pieces.
7. Dump entire bowl, fish, crumbs and all onto prepared sheet pan(s) (with parchment paper or greased) leaving about 1/2–1 inch of space between each piece. Use 1 sheet pan for 25 servings, use 3 sheet pans for 75 servings.
8. Bake:

   Conventional oven: 400°F for 15 minutes
   Convection oven: 375°F for 12 minutes

   CCP: Heat to internal temperature of 145°F for a minimum of 15 seconds.

   Hot hold for service at 135°F or above.

**Nutrition Facts**
Serving Size (113g)
**Calories** 130
Calories from Fat 30

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 3g | 5% | **Total Carbohydrate** 8g | 3% |
| Saturated Fat 1g | 5% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 2g | |
| **Cholesterol** 80mg | 27% | **Protein** 16g | 32% |
| **Sodium** 290mg | 12% | | |

Vitamin A 2% • Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Crushed Hot Potatoes

Vegetable

"Good. As in super good."

# Crushed Hot Potatoes

## Helpful Hints

*Red potatoes are what is known as a waxy potato. They should not be replaced with a starchy variety of potato such as a Russet.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Red potatoes** | 6 lbs. 11 oz. | 20 lbs. |
| Olive oil | 3 Tbsp + 1 tsp | 1/2 cup + 2 Tbsp |
| Salt | 3/4 tsp | 2 1/2 tsp |
| Parsley, dried | 3/4 tsp | 2 1/2 tsp |
| Black pepper | 1/4 tsp | 1/2 tsp |
| Thyme, dried, ground | 1/4 tsp | 1/2 tsp |
| Oregano, dried | 1/4 tsp | 1/2 tsp |
| Parmesan cheese | 3 Tbsp + 1 tsp | 1/2 cup + 2 Tbsp |

**Serving Size:** 2/3 cup
**Credit As:** 1/2 cup starchy vegetable

**Tips:** Canola oil should NOT be substituted for olive oil. Olive oil gives this recipe a richer flavor. Use margarine as an alternative instead.

Cut larger potatoes so that all potatoes are of a similar size before baking.

## DIRECTIONS

1. Spray steamtable pan (12" x 20" x 2 1/2") with pan release spray.
2. Place potatoes in steamtable pan and bake:

   Conventional oven: 400°F for 1–1 1/2 hours

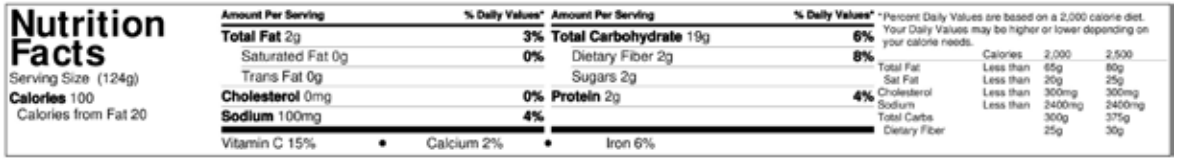
   Convection oven: 375°F for 45 minutes–1 hour, 15 minutes

   Note: Potatoes should be easy to pierce with a fork.

   In the steamtable pan, crush potates to 1" thickness or less using a fork, masher, or small, flat surfaced item such as a measuring cup or clean jar. It may be helpful to cut larger pieces down before crushing.
4. Drizzle potatoes with olive oil.
5. In small bowl, mix together salt, parsley, black pepper, thyme, oregano and parmesan cheese.
6. Sprinkle spice mixture evenly over potatoes.
7. Bake:

   Conventional oven: 400°F for 20–30 minutes

   Convection oven: 375°F for 15–20 minutes
8. Serve: 2/3 cup (No. 6 scoop) per serving.



**Nutrition Facts**
Serving Size (124g)
**Calories** 100
Calories from Fat 20

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 2g | 3% | **Total Carbohydrate** 19g | 6% |
| Saturated Fat 0g | 0% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 2g | |
| **Cholesterol** 0mg | 0% | **Protein** 2g | 4% |
| **Sodium** 100mg | 4% | | |

Vitamin C 15% • Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Equinox Lasagna

Meat/ Meat Alternate

Vegetable

Grain

"I like how it's so saucy... yum!"

# Equinox Lasagna

**Helpful Hint**

*Let lasagna rest for 15–20 minutes before cutting into serving sizes.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Whole wheat lasagna noodles | 14 each | 42 each |
| Mild Italian sausage, ground | 1 lb. | 3 lbs. |
| **Kale** | 4 1/2–5 cups | 3 quarts + 2 cups |
| **Squash** or **pumpkin** (or canned pumpkin) | 3 1/2 cups | 10 1/2 cups |
| Cottage cheese | 4 1/2 cups | 14 cups |
| Pasta sauce (Kitchen Sink Pasta Sauce or other prepared sauce) | 1 quart | 3 quarts |
| Mozzarella | 4 3/4 cups | 14 cups |

**Serving Size:** 1 piece
**Credit As:** 2 oz M/MA, 1/2 oz WGR grains, 1/3 cup other vegetable.

## DIRECTIONS

1. Cook lasagna noodles according to instructions on package until just under al dente (still a little hard). Drain.
2. De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stem. Shred in food processor or chop kale leaves finely with large knife. Mix in with cottage cheese. Set aside.
3. Place whole squash or pumpkin in oven and bake until the flesh is soft. About 1 hour at 350°F. Or use canned pumpkin.
4. Brown Italian sausage. Drain and set aside.
5. To assemble: In steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray. For 25 servings, use 1 pan, for 75 servings, use 3 pans.

   For each pan:
   1st layer: 1/2 cup pasta sauce
   2nd layer: 7 cooked lasagna noodles lengthwise
   3rd layer: 1/2 of squash or pumpkin
   4th layer: 1/2 of cottage cheese/kale mixture
   5th layer: 1/2 of mild Italian sausage
   6th layer: 1/2 of remaining sauce
   7th layer: 1/2 of mozzarella cheese

   Repeat layers 2–7, ending with mozzarella cheese.
6. Tightly cover pans.
7. Bake:

   Conventional oven: 350°F for 1 hour, 15 minutes to 1 hour, 30 minutes

   Convection oven: 325°F for 45 minutes

   Uncover pans about 15 minutes before they are done. Replace in oven and finish cooking.

   CCP: Heat to 165°F or higher for 15 seconds.
8. Remove pans from oven and let stand, uncovered, for 15 minutes before serving.

   CCP: Hold for hot service at 135°F or higher.

   Cut each lasagna 5 x 5 (25 pieces total).

**Nutrition Facts**
Serving Size (190g)
**Calories** 200
Calories from Fat 60

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 6g | 9% | **Total Carbohydrate** 19g | 6% |
| Saturated Fat 3.5g | 18% | Dietary Fiber 3g | 12% |
| Trans Fat 0g | | Sugars 5g | |
| **Cholesterol** 20mg | 7% | **Protein** 17g | 34% |
| **Sodium** 520mg | 22% | | |

Vitamin A 70% • Vitamin C 25% • Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Fish Scandia

Meat/
Meat
Alternate

# Fish Scandia

## Serving Secrets

*Instead of pre-cutting portions leave fillets whole and cut into portions for service.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Breadcrumbs | 1 cup | 3 cups |
| Lemon juice | 1/4 cup | 1 1/2 cups |
| Onion salt | 1 tsp | 1 Tbsp |
| Pepper, black | 1/4 tsp | 3/4 tsp |
| Hot sauce | 1/4 tsp | 3/4 tsp |
| Parsley, dried | 2 Tbsp | 1/4 cup + 2 Tbsp |
| Vegetable oil | 2 Tbsp | 1/4 cup + 2 Tbsp |
| **Fish**, white, such as **halibut**, **cod** or **rockfish**, cut into 3 oz. portions | 25 each | 75 each |
| Yogurt, plain, fat free | 1 1/2 cups + 2 Tbsp | 4 3/4 cup + 2 Tbsp |
| Cheddar cheese, shredded | 3/4 cup | 2 1/4 cups |

**Serving Size:** 1 piece
**Credit As:** 2 oz M/MA

## DIRECTIONS

1. In a bowl, mix bread crumbs, lemon juice, onion salt, pepper, hot sauce, and parsley. Reserve for step 6.
2. Oil each steamtable pan (12" x 20" x 2 1/2") with 2 Tbsp oil. For 25 servings, use 1 pan. For 75 servings, use 3 pans.
3. Place 25 fish portions into each steam-table pan.
4. Cover each portion with 1 Tbsp (No. 60 scoop) of fat-free yogurt.
5. Sprinkle 3 oz (3/4 cup) of cheese, per pan, on top of lowfat yogurt.
6. Sprinkle 1 Tbsp of crumb mixture on top of each portion.
7. Bake:
   Conventional oven: 400°F for 25 minutes
   Convection oven: 350°F for 25 minutes
   Fish should flake easily with a fork.
   CCP: Heat to 145°F or higher for at least 15 seconds.
8. CCP: Hold for hot service at 135°F or higher.

**Nutrition Facts**
Serving Size (111g)
**Calories** 90
Calories from Fat 10

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 1g | 2% | **Total Carbohydrate** 5g | 2% |
| Saturated Fat 0g | 0% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 1g | |
| **Cholesterol** 40mg | 13% | **Protein** 15g | 30% |
| **Sodium** 360mg | 15% | | |

Vitamin C 2% • Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Fresh Tomato Bruschetta

Vegetable

Grain

# Fresh Tomato Bruschetta

**Helpful Hints**

*Replace dried basil with fresh basil. For 25 servings, use 2 Tbsp + 2 tsp, for 75 servings, use 1/2 cup fresh basil.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Tomatoes**, fresh | 12 1/2 cups | 37 1/2 cups |
| Basil, dried | 2 1/2 tsp | 1 Tbsp + 2 1/2 tsp |
| Garlic powder | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Salt | 3/4 tsp | 2 1/4 tsp |
| Black pepper | 3/16 tsp | 1/2 tsp |
| Olive oil | 1 Tbsp + 2 tsp | 1/4 cup + 1 Tbsp |
| Lemon juice | 1 Tbsp + 1 1/2 tsp | 1/4 cup + 1 1/2 tsp |
| Barley Pizza Crust fully cooked* | 25 servings | 75 servings |

**Serving Size:** 1/2 cup of tomato + 1 piece (~3 1/2" x 5" square) of barley pizza crust
**Credit As:** 1/2 cup serving of red/orange vegetables and 1 1/2 oz WGR grain

**Note:** The olive oil is necessary for the final flavor of this recipe. Ideally, Virgin or Extra Virgin Olive Oil should be used. It is best not to substitute other kinds of cooking oil in this recipe.

* Barley Pizza Crust found on page 13.

**DIRECTIONS**

1. Remove core from tomatoes and dice into 1/4" pieces or cut into 2" chunks and pulse in batches in a food processor to approximately 1/4" pieces.
2. In large bowl, combine tomatoes, basil, garlic powder, salt, black pepper, olive oil and lemon juice. Gently stir until spices, olive oil and lemon juice evenly coat the tomatoes.
3. Cover bowl and place in refrigerator to allow flavors to combine for 1–24 hours.
4. Before serving, cut cooled pizza crust into 25 squares per sheet pan.
5. To serve: Place 1/2 cup (No. 8 scoop) of tomato mixture on each piece of pizza crust. Serve immediately.

   If not serving immediately, place tomato mixture into individual serving cups and serve with bread on the side.

**Nutrition Facts**
Serving Size (127g)
**Calories** 130
Calories from Fat 15

| Amount Per Serving | % Daily Values* |
|---|---|
| **Total Fat** 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 170mg | 7% |
| **Total Carbohydrate** 26g | 9% |
| Dietary Fiber 4g | 16% |
| Sugars 2g | |
| **Protein** 4g | 8% |

Vitamin A 10% • Vitamin C 15% • Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Garden Vegetable Couscous

Vegetable

Grain

# Garden Vegetable Couscous

**Helpful Hints**

*Try substituting other whole grains such as quinoa or brown rice for the couscous. Standard couscous may be used but is not typically whole grain.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Barley couscous**, raw | 3 1/2 cups | 2 quarts + 2 cups |
| Canola oil | 3 Tbsp | 1/2 cup + 1 Tbsp |
| **Onion**, diced | 1 1/4 cup | 1 quart |
| **Tomato**, diced | 2 1/2 cups | 2 quarts |
| Assorted vegetables, diced (such as **broccoli**, **carrot**, **cabbage**, **zucchini**, **cauliflower**) | 1 gallon | 3 gallons |
| Soy sauce, low sodium | 1/3 cup | 1 cup |
| Parsley, dried | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Garlic powder | 3/4 tsp | 2 tsp |
| Black pepper | 1/4 tsp | 1 tsp |
| Salt | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |

**Serving Size:** 1 cup
**Credit As:** 1/2 cup other vegetables and 2 oz WGR grain

**DIRECTIONS**

1. Cook barley couscous according to package instructions.
2. In skillet, heat canola oil over medium to medium high heat. Add onion, saute about 5 minutes, add tomato and vegetables and saute until semi-soft, about 15 minutes.
3. Remove skillet from heat. Add soy sauce, parsley, garlic powder, black pepper and salt. Toss together to evenly coat.
4. Add barley couscous to vegetable mixture. Stir to evenly combine.
5. Serve rounded 1 cup (No. 4 scoop) per plate.

**Nutrition Facts**
Serving Size (155g)
**Calories** 150
Calories from Fat 25

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 2.5g | 4% | **Total Carbohydrate** 27g | 9% |
| Saturated Fat 0g | 0% | Dietary Fiber 7g | 28% |
| Trans Fat 0g | | Sugars 3g | |
| **Cholesterol** 0mg | 0% | **Protein** 5g | 10% |
| **Sodium** 400mg | 17% | | |

Vitamin A 90% • Vitamin C 60% • Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Garlicky Baked Fries

Vegetable

"Garlic is the bomb."

# Garlicky Baked Fries

## Helpful Hints

*Potatoes may be par-baked ahead of time but should not be cut until they are ready to be tossed in cornstarch mixture and baked.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Potatoes**, Russet or other starchy variety | 10 lbs. | 30 lbs. |
| Cornstarch | 1/2 cup | 1 1/3 cups |
| Salt | 1 Tbsp + 3/4 tsp | 1/4 cup |
| Garlic powder | 2 Tbsp + 1 1/2 tsp | 1/4 c + 3 Tbsp + 1 1/2 tsp |
| Dill weed, dried | 1/4 tsp | 1 Tbsp + 3/4 tsp |
| Black pepper | 1/4 + 1/8 tsp | 1 tsp |
| Canola oil | 3 Tbsp + 1 tsp | 1/2 cup + 2 Tbsp |

**Serving Size:** 5 wedges
**Credit As:** 2/3 cup starchy vegetable

## DIRECTIONS

1. Par-bake potatoes:
   Conventional oven: 400°F for 20–30 minutes
   Convection oven: 375°F for 18–25 minutes
   Note: You should be able to insert a fork into the potato with some resistance.
2. While the potatoes are baking, combine cornstarch, salt, garlic powder, dill weed and black pepper.
3. Allow potatoes to cool enough to handle.
4. Cut par-baked potatoes into wedges 1/2"–3/4". A medium sized potato should yield about 8 wedges.
5. Toss potatoes with oil. Add cornstarch mixture and toss to coat evenly.
6. Place potatoes on sheet pan.
7. Bake:
   Conventional oven: 400°F for 45 minutes or until browned on the outside and tender on the inside.
   Convection oven: 375°F for 35 minutes or until browned on the outside and tender on the inside.
8. To serve: place about 5 wedges per plate.

**Nutrition Facts**
Serving Size (187g)
**Calories** 170
Calories from Fat 20

| Amount Per Serving | % Daily Values* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 360mg | **15%** |

| Amount Per Serving | % Daily Values* |
|---|---|
| **Total Carbohydrate** 35g | **12%** |
| Dietary Fiber 2g | **8%** |
| Sugars 1g | |
| **Protein** 4g | **8%** |

Vitamin C 15% • Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Green Monster Pops

Fruit

"It's the most best out of all of them."

# Green Monster Pops

**Cook's Tip**

*Canned pineapple may be used instead of fresh pineapple.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Pineapple, fresh | 1 1/2 whole (4–5 cups) | 4 1/2 whole (about 3 quarts) |
| Banana | 3 medium | 9 medium |
| **Spinach**, chopped | 1 1/2 cups | 4 1/2 cups |
| **Kale**, chopped | 3/4 cup | 2 1/4 cups |
| Water | 1 cup | 3 cups |

**Serving Size:** 1/4 cup (2 oz) popsicle
**Credit As:** 1/4 cup fruit

**NOTE:** Canned pineapple may be used in place of the fresh pineapple.

- 1 1/2 medium pineapples equals 1 quart + 3 cups of drained, cubed pineapple
- 4 1/2 medium pineapples equals 5 quarts + 1 cup

**DIRECTIONS**

1. Peel pineapple. Cut into quarters and cut out core. Chop.
2. Peel bananas
3. Puree spinach, kale, bananas and pineapple in blender. Add water and puree again.
4. Pour into 2 oz portion cups and insert treat sticks. Freeze until solid, at least 4 hours.

**Nutrition Facts**
Serving Size (69g)
**Calories** 40

| Amount Per Serving | % Daily Values* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 0mg | 0% |

| Amount Per Serving | % Daily Values* |
|---|---|
| **Total Carbohydrate** 9g | 3% |
| Dietary Fiber 1g | 4% |
| Sugars 7g | |
| **Protein** 1g | 2% |

Vitamin A 4% • Vitamin C 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Halibut Olympia

Meat/ Meat Alternate

"Awesome."

# Halibut Olympia

**Helpful Hint**

*Use 3 oz portions, if using individual fish portions.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Breadcrumbs | 3 cups | 2 quarts + 1 cup |
| Cheddar cheese, shredded | 1 1/2 cups | 1 quart + 1/2 cup |
| Margarine | 1/4 cup | 3/4 cup |
| Parsley, dried flakes | 1 Tbsp | 3 Tbsp |
| Garlic powder | 1/2 tsp | 1 1/4 tsp |
| Pan release spray | | |
| **Red onion**, thinly sliced (optional) | 3 cups | 2 qts + 1 1/3 cups |
| **Halibut** | 4 lbs 11 oz | 14 lbs |
| Salt | 3/4 tsp | 2 1/4 tsp |
| Lemon juice | 1 Tbsp | 2 1/4 tsp |
| Yogurt, Greek, plain, fat free | 3 cups | 9 cups |
| Salt | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Black pepper | 3/4 tsp | 2 1/4 tsp |

**Serving Size:** 2 1/2 oz of halibut, cooked
**Credit As:** 2 oz M/MA

**DIRECTIONS**

1. In medium bowl or food processor, combine breadcrumbs, cheddar cheese, margarine, parsley and garlic powder. Combine by rubbing between gloved hands, or pulse in food processor until fully combined and fluffy looking. Set aside.
2. Spray pan release spray on steamtable pans (12' x 20' x 2 1/2'). Use 1 pan for 25 servings. Use 3 pans for 75 servings. If using individual fish portions (3 oz raw portions, place 25 portions per pan.)
3. Spread onions evenly on bottom of steamtable pan and sprinkle with salt and lemon juice.
4. Gently spray top of onion layer with pan release spray.
5. Place halibut fillets on onions, place each fillet touching the one next to it. Overlap as necessary to make one continuous layer of halibut on top of the onions.
6. Sprinkle second quantity of salt.
7. Spread the yogurt evenly over the top of fish.
8. Sprinkle the breadcrumb mixture evenly over the yogurt.
9. Bake uncovered:
   Conventional oven: 400°F for 20 minutes
   Convection oven: 375°F for 16–18 minutes
   CCP: Heat to 145°F or higher for at least 15 seconds.
10. To serve: cut each pan 5 x 5.

**Nutrition Facts**
Serving Size (155g)
**Calories** 180
Calories from Fat 40

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 4g | **6%** | **Total Carbohydrate** 12g | **4%** |
| Saturated Fat 1g | **5%** | Dietary Fiber 1g | **4%** |
| Trans Fat 0g | | Sugars 3g | |
| **Cholesterol** 45mg | **15%** | **Protein** 22g | **44%** |
| **Sodium** 450mg | **19%** | | |

Vitamin A 4% • Vitamin C 2% • Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Herb Roasted Potatoes

Vegetable

"Great!"

# Herb Roasted Potatoes

**Helpful Hint**

*When cutting potatoes, have a bowl of water at station to place cut chunks into. Storing them in water while cutting remainder of product will keep them from discoloring. Drain well before proceeding.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Potatoes** | 1 gallon + 1 quart | 3 gallons + 3 quarts |
| Canola or other trans fat free oil | 2 Tbsp | 1/4 cup + 2 Tbsp |
| Salt | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Pepper | 3/8 tsp | 1 1/8 tsp |
| Oregano | 3/4 tsp | 2 1/4 tsp |
| Thyme, rubbed | 3/8 tsp | 1 1/8 tsp |
| Parsley | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Sage | 3/8 tsp | 1 1/8 tsp |
| Onion powder | 3/4 tsp | 2 1/4 tsp |
| Garlic powder | 3/8 tsp | 1 1/8 tsp |

**Serving Size:** 2/3 cup
**Credit As:** 1/2 cup strachy vegetables

## DIRECTIONS

1. Wash potatoes and, leaving the skins on, cut into 1/2" pieces.
2. Toss in oil to coat.
3. In small bowl, combine salt, pepper, oregano, thyme, parsley, sage, onion powder and garlic powder. Mix to fully combine. Pour over potatoes.
4. Toss potatoes to evenly coat.
5. Spread onto full size sheet pans (1 pan for 25 servings, 3 pans for 75 servings).
6. Roast:

   Conventional oven: 400°F for 40–45 minutes

   Convection oven: 375°F for 35–40 minutes

   Or until golden brown and tender.

   Serve hot.

   CCP: Hold for hot service at 135°F or higher.

**Nutrition Facts**
Serving Size (110g)
**Calories** 90
Calories from Fat 10

| Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
|---|---|---|---|
| **Total Fat** 1.5g | 2% | **Total Carbohydrate** 17g | 6% |
| Saturated Fat 0g | 0% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 1g | |
| **Cholesterol** 0mg | 0% | **Protein** 2g | 4% |
| **Sodium** 160mg | 7% | | |

Vitamin C 15% • Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Hot Zucchini Bruschetta

Vegetable

Grain

"Like it a lot."

# Hot Zucchini Bruschetta

## Cook's Tips

*Replace dried herbs with fresh herbs. Use triple the volume of fresh herbs (example: use 1 Tbsp + 1 1/4 tsp of fresh basil instead of 1 3/4 tsp of dried basil for a 25 serving batch).*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Zucchini** (see note) | 1 gallon + 1 cup | 3 gallons + 1 cup |
| **Onion**, finely minced | 1 1/4 cups | 1 quart |
| **Plum tomatoes** | 3 1/2 cups + 2 Tbsp | 2 quarts + 2 2/3 cups |
| Olive oil | 3 Tbsp + 2 tsp | 1/2 cup + 3 Tbsp |
| Lemon juice | 1 Tbsp + 1/2 tsp | 3 Tbsp + 2 tsp |
| Parmesan cheese | 1/4 cup + 3 Tbsp | 1 1/4 c + 1 Tbsp + 1 tsp |
| Garlic powder | 1 3/4 tsp | 1 Tbsp + 1 1/4 tsp |
| Basil, dried | 1 3/4 tsp | 1 Tbsp + 1 1/4 tsp |
| Oregano, dried | 3/4 tsp | 2 1/2 tsp |
| Thyme, dried | 1/4 tsp | 3/4 tsp |
| Black pepper | 1/4 tsp | 3/4 tsp |
| Salt | 1 3/4 tsp | 1 Tbsp + 1 1/4 tsp |
| Barley Pizza Crust fully cooked* | 25 servings | 75 servings |

**Note:** If using large zucchini, slice each zucchini lengthwise and remove seeds from center by scraping with a large spoon. Then dice into 1/4" cubes.

**Serving Size:** 1/2 cup of zucchini mixture + 1 piece (~3 1/2" x 5" square) of barley pizza crust
**Credit As:** 1/2 cup other vegetables and 1 1/2 oz WGR grain

* Barley Pizza Crust found on page 13.

## DIRECTIONS

1. Preheat oven to 400°F.
2. Remove ends of zucchini and dice into 1/4" cubes. Place in large bowl.
3. Remove core from tomatoes and dice into 1/4" cubes. Place in bowl with zucchini and onions.
4. Add onions to zucchini and tomato mixture.
5. Add olive oil, lemon juice, parmesan cheese, garlic powder, basil, oregano, thyme, black pepper and salt. Gently toss to evenly combine.
6. Spread into a single layer on sheet pans and roast in 400°F oven for 20–25 minutes until cheese begins to brown.
7. Remove from oven and serve hot or hold for hot service at 135°F or higher.
8. Before serving, cut cooled pizza crust into 25 squares per sheet pan.
9. To serve: Place 1/2 cup (No. 8 scoop) of zucchini mixture on each piece of pizza crust. Serve immediately.

**Nutrition Facts**
Serving Size (168g)
**Calories** 150
Calories from Fat 20

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 2.5g | 4% | **Total Carbohydrate** 28g | 9% |
| Saturated Fat 0g | 0% | Dietary Fiber 4g | 16% |
| Trans Fat 0g | | Sugars 2g | |
| **Cholesterol** 0mg | 0% | **Protein** 6g | 12% |
| **Sodium** 280mg | 12% | | |

Vitamin A 10% • Vitamin C 50% • Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Kale Chips

Vegetable

# Kale Chips

**Helpful Hint**

*Spray leaves with cooking spray instead of drizzling with oil.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Kale | 5 lbs 12 oz | 17 lbs 4 oz |
| Olive oil | 1/4 cup | 3/4 cup |
| Salt | 2 tsp | 2 Tbsp |

**Serving Size:** 1 cup
**Credit As:** 1/3 cup dark green vegetable

**Tips:**

Bake with the oven door slightly ajar (this allows the steam to escape) until the kale is crispy and bright green. If the kale turns olive green, they have cooked to long.

Don't cook more than 4 sheet pans at a time, or the oven will get too steamy.

**DIRECTIONS**

1. Wash kale and dry very well (use a salad spinner if you have one). De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stems. Tear leaves into 2–3" pieces.
2. Drizzle with oil and sprinkle with salt. Toss leaves to evenly coat with oil and salt.
3. Spread kale on full size sheet pans.
   Use 2 sheet pans for 25 servings.
   Use 6 sheet pans for 75 servings.
4. Bake

   Conventional oven: 425°F for about 10 minutes

   Convection oven: 400°F for about 8 minutes
5. Let cool for 2 minutes. Transfer to a serving dish.

**Nutrition Facts**
Serving Size (9g)
**Calories** 20
Calories from Fat 20

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 2g | 3% | **Total Carbohydrate** 1g | 0% |
| Saturated Fat 0g | 0% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 0g | |
| **Cholesterol** 0mg | 0% | **Protein** 0g | 0% |
| **Sodium** 190mg | 8% | | |

Vitamin A 15% • Vitamin C 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Kitchen Sink Pasta Sauce

Vegetable

# Kitchen Sink Pasta Sauce

**Cook's Tip**

*This sauce can be made ahead. Store overnight in covered hotel pans in the refrigerator.*

*Replace olive oil with canola or other trans fat free cooking oil. Use beets in this sauce! It makes it very sweet with a very vibrant color.*

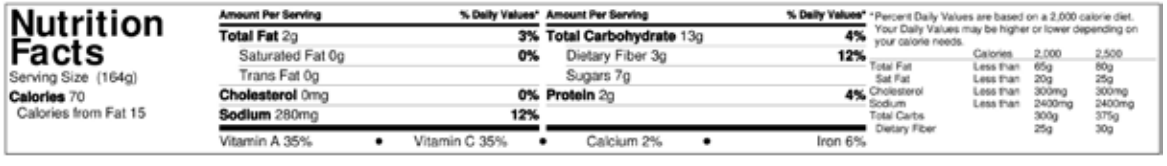
| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Onion** | 1 lb 12 oz | 5 lbs 2 oz |
| **Misc. vegetables**, trimmed, peeled if necessary, chopped | 1 lb 12 oz | 5 lbs 2 oz |
| Garlic | 6–7 cloves<br>2 Tbsp + 2 tsp minced<br>or 2/3 tsp garlic powder | 20 cloves<br>1/2 cup minced<br>or 2 tsp garlic powder |
| Olive oil | 2 Tbsp + 2 tsp | 1/2 cup |
| **Fresh Roma tomatoes** | 4 lbs 6 oz | 13 lbs 2 oz |
| Basil | 1 tbs+1 tsp dried leaves<br>or 1/4 c finely chopped, fresh | 1/4 cup dried leaves<br>or 3/4 c finely chopped, fresh |
| Oregano | 2 tsp dried leaves<br>or 2 Tbsp finely chopped fresh | 2 Tbsp dried leaves<br>or 6 Tbsp finely chopped fresh |
| Tomato paste | 2 cups + 2 tsp | 1 qt + 2 cups + 2 Tbsp |
| Salt | 2 tsp | 2 Tbsp |
| Pepper, white, ground | 1 tsp | 1 Tbsp |

**Serving Size:** 1/2 cup
**Credit As:** 1/2 cup red/orange vegetables

**DIRECTIONS**

1. Trim, peel and roughly chop onions.
2. Trim, peel (if desired) and roughly chop miscellaneous vegetables.
3. If using fresh garlic, trim and peel garlic.
4. Heat oil in 20 qt. brazier or tilt skillet over medium heat. Add the onions and cook, stirring occasionally, until tender, 3–5 minutes. Add the garlic and cook, stirring for 1 minute.
5. Add the miscellaneous vegetables, tomatoes, basil and oregano. Bring to a low boil. Cook, stirring every 15–20 minutes, until the vegetables are tender and falling apart, about 1 hour.
6. Puree the sauce with an immersion blender to break up large pieces.
7. Add tomato paste and stir to combine. Stir in salt and pepper. Bring to a simmer and cook, stirring often to prevent burning, until thickened, 30–45 minutes.
8. If the sauce is too thick, thin with water to the desired consistency. Pour into 6" full hotel pan and keep warm on serving line.

CCP: Hold for hot service at 135°F or higher.
CCP: Cool to 70°F within 2 hours and from 70°F–41°F within an additional 4 hours.



# Mac 'n Cheese with Beef

Meat/ Meat Alternate

Grain

"Delish."

# Mac 'n Cheese with Beef

**Helpful Hint**

*Feel free to try other cheeses and cheese blends in place of the cheddar or mozzarella.*

*Drain the pasta very well to make sure the final product is creamy and delicious.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Whole wheat macaroni, raw | 5 cups | 14 cups |
| **Ground beef** | 3–4 cups | 10–12 cups |
| Water | 5 cups | 14 cups |
| Cornstarch | 2 1/2 tsp | 2 Tbsp |
| Powdered milk | 2 1/2 cups | 6 cups |
| Ground mustard seed (powder) | 2 1/2 tsp | 2 Tbsp |
| Onion powder | 1 tbp + 2 tsp | 1/4 cup |
| Garlic powder | 2 1/2 tsp | 2 Tbsp |
| Salt | 1 tsp | 1 Tbsp |
| Sugar | 2 1/2 tsp | 2 Tbsp |
| Margarine | 1/4 cup + 3 Tbsp | 1 1/4 cup |
| Cheddar, shredded (low fat) | 5 cups | 14 cups |
| Mozzarella, shredded (low fat) | 5 cups | 14 cups |

**Serving Size:** 1 cup
**Credit As:** 1 1/4 oz M/MA and 1 oz serving WGR grain

**DIRECTIONS**

1. Brown ground beef, drain and set aside.
2. Cook macaroni according to instructions on package until just under al dente (still a little hard). Drain well. It is very important to undercook the pasta in this step!
3. Return pasta to pan. Place on low heat and add water, powdered milk, and seasonings.
4. Add margarine, stir until melted. Slowly add cheese, no more than 3–4 cups at a time. Incorporate each batch of cheese fully before adding more.
5. Add ground beef and gently stir to combine.
6. Cook, covered, on low for 10–15 minutes until sauce thickens.
   CCP: Heat to 140°F or higher for 15 seconds.
7. Hold in steamtable pans (12" x 20" x 2 1/2"). 1 pan for 25 servings, 3 pans for 75 servings.
   CCP: Hold for hot service at 135°F or higher.

**Nutrition Facts**
Serving Size (172g)
**Calories** 290
Calories from Fat 90

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 10g | 15% | **Total Carbohydrate** 23g | 8% |
| Saturated Fat 5g | 25% | Dietary Fiber 2g | 8% |
| Trans Fat 0.5g | | Sugars 5g | |
| **Cholesterol** 40mg | 13% | **Protein** 25g | 50% |
| **Sodium** 540mg | 23% | | |

Vitamin A 10% • Calcium 35% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Mac 'n Cheese with Broccoli

"This is good."

Grain

Vegetable

Meat/ Meat Alternate

# Mac 'n Cheese with Broccoli

**Cook's Tip**

*Replace broccoli with cauliflower or other in-season vegetables.*

*Drain the pasta very well to make sure the final product is creamy and delicious.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Whole wheat macaroni, raw | 3 1/2 cups | 10 1/2 cups |
| **Broccoli**, chopped into 1/2" pieces | 6 cups | 18 cups |
| Water | 3 cups | 9 cups |
| Cornstarch | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Powdered milk | 2 1/2 cups | 7 1/2 cups |
| Ground mustard | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Salt | 1/4 tsp | 3/4 tsp |
| Onion powder | 1 Tbsp + 2 tsp | 1/4 cup + 1 Tbsp |
| Garlic powder | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Sugar | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Margarine, cut into 1/2" cubes | 1/4 cup + 1 Tbsp | 1 1/4 cup |
| Cheddar cheese, shredded | 5 cups | 14 1/2 cups |
| Mozzarella cheese, shredded | 5 cups | 14 1/2 cups |

**Serving Size:** 1 cup
**Credit As:** 1 1/2 oz M/MA, 1 oz WGR grain and 1/8 cup dark green vegetable.

**DIRECTIONS**

1. Cook macaroni according to instructions on package until just under al dente (still a little hard). Drain well. It is very important to undercook the pasta in this step!

   Steam or blanch broccoli. Drain excess water and set aside.

   Return pasta to pan. Place on low heat and add water, powdered milk, and seasonings.
2. Add margarine, stir until melted. Slowly add cheese, no more than 3–4 cups at a time. Incorporate each batch of cheese fully before adding more.
3. Add broccoli and gently stir to combine.
4. Cook, covered, on low for 10–15 minutes until sauce thickens.

   CCP: Heat to 140°F or higher for 15 seconds.
5. Hold in steamtable pans (12" x 20" x 2 1/2"). 1 pan for 25 servings, 3 pans for 75 servings.

   CCP: Hold for hot service at 135°F or higher.

**Nutrition Facts**
Serving Size (126g)
**Calories** 230
Calories from Fat 80

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 9g | **14%** | **Total Carbohydrate** 21g | **7%** |
| Saturated Fat 4.5g | **23%** | Dietary Fiber 2g | **8%** |
| Trans Fat 0g | | Sugars 5g | |
| **Cholesterol** 20mg | **7%** | **Protein** 17g | **34%** |
| **Sodium** 450mg | **19%** | | |

Vitamin A 10% • Vitamin C 35% • Calcium 35% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Meatloaf

Meat/ Meat Alternate

Vegetable

"Yum. Yum. Yum."

# Meatloaf

**Helpful Hint**

*Try turning this recipe into meatballs instead of meatloaf.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Carrots** | 3 3/4 cups | 11 1/4 cups |
| **Celery** | 3 cups | 9 cups |
| **Zucchini** | 4 1/2 cups | 13 1/2 cups |
| **Kale** (optional) | 6 cups | 18 cups |
| Salt | 1 tsp | 1 Tbsp |
| Canola oil | 3 Tbsp | 1/2 cup + 1 Tbsp |
| **Onion** | 2 cups | 1 quart + 2 cups |
| Tomato paste | 1 cup | 3 cups |
| **Eggs**, whole | 4 each (1 cup) | 12 each (3 cups) |
| Milk, powdered | 3 1/2 cups | 10 1/2 cups |
| Rolled oats, quick cooking/instant | 4 cups + 2 Tbsp | 12 1/3 cups |
| **Ground beef**, raw | 3 lbs 8 oz | 10 lbs 8 oz |
| Parsley, dried | 1 Tbsp + 1/2 tsp | 3 Tbsp + 1 1/2 tsp |
| Onion powder | 1 Tbsp + 1/2 tsp | 3 Tbsp + 1 1/2 tsp |
| Thyme, dried | 1/2 tsp | 1 1/2 tsp |
| Garlic powder | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Black pepper | 1/4 tsp | 3/4 tsp |
| Worcestershire sauce | 3 Tbsp | 1/2 cup + 1 Tbsp |

| GLAZE | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Ketchup | 1 1/4 cups | 3 3/4 cups |
| Apple cider vinegar | 2 Tbsp + 3/4 tsp | 8 Tbsp + 1 tsp |
| Worcestershire sauce | 1/4 c. + 1 1/2 tsp | 3/4 c + 1 Tbsp + 1 1/2 tsp |
| Brown sugar | 1 1/2 cups | 2 1/4 cups |

**Serving Size:** 1 slice of meatloaf
**Credit As:** 2 oz M/MA and 1/2 cup other vegetables

# Meatloaf

## DIRECTIONS

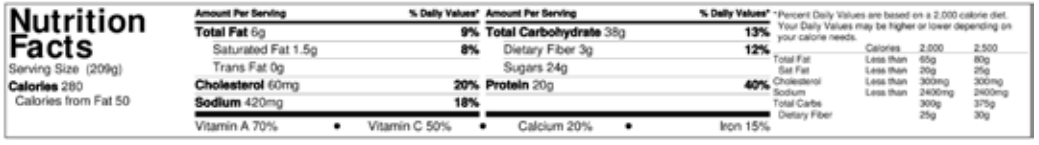
1. Wash carrots, celery, zucchini and kale.
2. Shred carrots and zucchini in food processor or grate by hand. Set aside.
3. Thinly slice or mince onion and celery, either in food processor or by hand.
4. De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stem. Shred in food processor or chop kale leaves finely with large knife.
5. Heat oil in pan, add onions, carrots, celery and salt. Saute lightly—about 5 minutes.
6. Add zucchini and kale to carrot/celery mixture and saute lightly—about 5 more minutes.
7. In mixer with paddle attachment, combine tomato paste, eggs, powdered milk and rolled oats. Mix on medium speed for about 2 minutes.
8. Add hamburger, sauted vegetables, herbs, spices and Worchestershire sauce. Mix on medium speed about 2–3 minutes or until well combined. Do not overmix.
9. Place mixture onto prepared (with parchment paper or oiled) sheet pan(s). Use 1 sheet pan for 25 servings. Use 3 sheet pans for 75 servings. Form two equal-sized loaves on each pan.
10. Cover with plastic wrap and refrigerate overnight or for a minimum of 3 hours.

Before Baking:

11. In a medium—large bowl, combine all ingredients for the glaze. Mix until fully combined.
12. Glaze each loaf with about 1 1/2 cups of glaze.
13. Bake:

    Conventional oven: 375°F for 1 1/4 hours
    Convection oven: 350°F for 1 1/2 hours

    CCP: Heat to internal temperature of 155°F or higher for at least 15 seconds.
14. Let stand about 20 minutes. Slice each loaf into 13 slices.



**Nutrition Facts**

Serving Size (209g)

**Calories** 280
Calories from Fat 50

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 6g | **9%** | **Total Carbohydrate** 38g | **13%** |
| Saturated Fat 1.5g | **8%** | Dietary Fiber 3g | **12%** |
| Trans Fat 0g | | Sugars 24g | |
| **Cholesterol** 60mg | **20%** | **Protein** 20g | **40%** |
| **Sodium** 420mg | **18%** | | |

Vitamin A 70% • Vitamin C 50% • Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Notes

# Oven Stir Fry

Vegetable

Grain

# Oven Stir Fry

**Meal Idea**

*Make this recipe a complete meal by serving with Sweet and Sour Salmon from page 93, or Salmon and Vegetable Burgers (patties only) from page 89. Add canned, drained pineapple to the stir fried vegetables before serving. For 25 servings add 8 1/2 cups. For 75 servings add 25 cups. Toss together and serve over rice.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Vegetables (total below)* | 3 gals + 2 cups | 9 gals + 1 qt + 2 cups |
| ***Carrots**, diced* | *2 quarts + 1/2 cup* | *1 gal + 2 qts + 2 cups* |
| ***Onion**, diced* | *1 quart* | *3 quarts* |
| ***Celery**, diced* | *1 quart* | *3 quarts* |
| ***Cabbage**, red, chopped* | *3 quarts + 1 cup* | *2 gals + 1 qt + 2 cups* |
| ***Zucchini**, diced* | *1 quart* | *3 quarts* |
| ***Turnip**, diced* | *1 quart* | *3 quarts* |
| ***Cauliflower**, diced* | *2 quarts + 1/2 cup* | *1 gal + 2 qts + 2 cup* |
| ***Green bell pepper**, diced* | *1 quart* | *3 quarts* |
| Canola oil | 3/4 cup | 2 cups |
| Soy sauce | 1/2 cup | 1 1/2 cups |
| Garlic powder | 1 Tbsp + 1 1/4 tsp | 1/4 cup |
| Ginger, ground | 2 tsp | 2 Tbsp |
| Coriander, ground | 1 tsp | 1 Tbsp |
| Thyme, ground | 1/2 tsp | 1 1/2 tsp |
| Black pepper | 1/2 tsp | 1 1/2 tsp |
| Brown rice, cooked | 17 cups | 50 cups |

**Serving Size:** 2/3 cup rice + 1 cup vegetables
**Credit As:** 1 oz WGR grain and 1 cup other vegetables

**DIRECTIONS**

1. In large bowl, combine all vegetables. Toss together and set aside.
2. In small bowl, combine canola oil, soy sauce, garlic powder, ginger, coriander, thyme and black pepper. Whisk to combine. Pour over vegetable mixture in large bowl.
3. Toss vegetable mixture until evenly coated with dressing.
4. Prepare sheet pans with pan release spray. Dump vegetables onto sheet pans spreading out so that vegetables are only 1 layer deep.
5. Bake:

   Conventional oven: 400°F for 20–22 minutes until vegetables are roasted

   Convection oven: 375°F for 16–19 minutes

   CCP: Heat to 165°F or higher for 15 seconds.

   Serve immediately or hold for hot service.

   CCP: Hold at 135°F or higher
6. To serve: place 2/3 cup brown rice (No. 6 scoop) per plate. Top with 1 cup (No. 4 scoop) of vegetables.

**Nutrition Facts**
Serving Size (413g)
**Calories** 290
Calories from Fat 70

| Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
|---|---|---|---|
| **Total Fat** 8g | 12% | **Total Carbohydrate** 49g | 16% |
| Saturated Fat 1g | 5% | Dietary Fiber 8g | 32% |
| Trans Fat 0g | | Sugars 8g | |
| **Cholesterol** 0mg | 0% | **Protein** 7g | 14% |
| **Sodium** 280mg | 12% | | |

Vitamin A 190% • Vitamin C 150% • Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

* Any variety of mixed vegetables may be used, however the listed mix was tested and kid approved. Broccoli is NOT recommended as a substitution as it tested very poorly in this recipe.

# Pasta Primavera

Grain

Vegetable

# Pasta Primavera

**Helpful Hint**

*Cook pasta to al dente, making sure not to overcook.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Whole wheat penne pasta, raw | 2 1/2 quarts | 1 gallon + 3 qts |
| **Carrots**, diced | 1 1/4 quarts | 1 gallon |
| **Onion**, diced | 2 1/2 cups | 2 quarts |
| **Broccoli**, chopped, 1/4" florets | 2 1/2 quarts | 2 gallons |
| **Cauliflower**, chopped, 1/4" florets | 2 quarts | 1 1/2 gallons |
| Canola oil | 1/4 cup | 3/4 cup |
| Salt | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| **Peas**, shelled (fresh or frozen) | 1 1/4 cup | 3 3/4 cups |
| Margarine | 1/4 cup | 3/4 cup |
| All–Purpose flour | 1/4 cup | 3/4 cup |
| Milk, fat free | 2 quarts | 1 1/2 gals |
| Garlic powder | 2 tsp | 1 1/2 Tbsp |
| Salt | 1 Tbsp | 3 Tbsp |
| Cornstarch | 1 Tbsp + 2 tsp | 1/4 cup + 2 tsp |
| Water | 2/3 cup | 2 cups |
| Parmesan cheese | 1 1/2 cup | 1 quart |

**Serving Size:** 1 1/4 cups; **Credit As:** 1 cup other vegetable and 1 oz WGR grain

**Nutrition Facts**

Serving Size (243g)
**Calories** 250
Calories from Fat 70

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 8g | 12% | **Total Carbohydrate** 36g | 12% |
| Saturated Fat 1.5g | 8% | Dietary Fiber 8g | 32% |
| Trans Fat 0g | | Sugars 9g | |
| **Cholesterol** 5mg | 2% | **Protein** 12g | 24% |
| **Sodium** 600mg | 25% | | |

Vitamin A 90% • Vitamin C 90% • Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

**DIRECTIONS**

1. Bring a large pot of water to a boil. Cook pasta according to package instructions. Cook to al dente, making sure not to overcook.
2. Drain pasta well and rinse. Set aside.
3. Combine, carrot, onion, broccoli, cauliflower, canola oil and salt. Toss to coat vegetables evenly.
4. Place vegetables on a sheet pans in a single layer.
5. Bake:
   Conventional oven: 400°F for 20 minutes
   Convection oven: 375°F for 16 minutes
   CCP: Heat to 165°F or higher for 15 seconds.
6. When the hot vegetables come out of the oven, sprinkle peas on top of them and set aside.
7. In the meantime, melt margarine in a pan over medium heat. Add flour and combine well. Cook for about 5 minutes, stirring constantly, until the mixture becomes a blonde color but has not started to brown.
8. Slowly whisk in milk a little at a time, taking care to incorporate all of the milk in the pan before adding more.
9. Stir in garlic powder and salt.
10. Make a slurry of cornstarch and water and combine with sauce while stirring constantly.
11. Simmer on low 5–10 minutes, stirring regularly, until sauce has thickened.
12. Add the pasta, roasted vegetables and parmesan cheese to sauce. Gently stir to fully combine. Pasta, vegetables and sauce may be combined and poured into a steamtable pan, then topped with parmesan and held for service.

    CCP: Hot hold at 135°F or higher.

# Pink Potato Salad

Vegetable

# Pink Potato Salad

## Serving Secrets

*This recipe should be made the day before it will be served. If it is not, it should sit a minimum of 3 hours before serving to ensure all of the flavors have properly melded.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Red potatoes** with skins | 14 cups | 42 cups |
| **Beets** | 5 cups | 15 cups |
| Canola oil | 1 Tbsp | 3 Tbsp |
| Mayonnaise, lite | 3/4 cup + 2 Tbsp | 2 1/2 cups + 2 Tbsp |
| Sugar | 1 3/4 tsp | 1 Tbsp + 2 1/4 tsp |
| Salt | 2 1/4 tsp | 2 Tbsp + 3/4 tsp |
| Garlic powder | 1 tsp | 1 Tbsp |
| Onion powder | 1 3/4 tsp | 1 Tbsp + 3/4 tsp |
| Apple cider vinegar | 1 Tbsp + 1/2 tsp | 1/4 cup + 1/2 tsp |
| Greek yogurt, fat free | 3/4 cup + 2 Tbsp | 2 1/2 cups + 2 Tbsp |
| Sour cream, fat free | 3/4 cup + 2 Tbsp | 2 1/2 cups + 2 Tbsp |
| Water | 2/3 cup | 2 cups |
| **Celery** | 2 cups | 6 cups |
| **Red onion** | 3/4 cup | 2 1/4 cups |
| **Eggs**, hard-cooked, peeled | 1 1/2 cups (6 each) | 4 1/2 cups (18 each) |

**Serving Size:** 2/3 cup (5 oz)
**Credit As:** 1/2 cup of starchy vegetables

## DIRECTIONS

1. Rinse potatoes and beets well. Trim greens off beets leaving about 1/2" of stem at the top of each bulb.
2. Toss whole beets and potatoes in canola oil. Roast at 400°F for about 1 hour. Remove beets and potatoes from oven. Let cool enough to handle. Peel beets, gloves recommended. Chop both beets and potatoes into roughly 1/2" cubes.
3. Dice celery into 1/4" pieces and add to potato mixture.
4. Finely dice red onion and add to potato mixture.
5. Dice hard boiled egg and add to potato mixture.
6. In a medium bowl, prepare dressing by combining mayonnaise, sugar, salt, garlic powder, onion powder, apple cider vinegar, greek yogurt, sour cream and water. Whisk together until smooth. Pour over vegetable and egg mixture.
7. Mix gently until all ingredients are well blended.
8. Spread evenly into shallow pan (12" x 20" x 2 1/2") to a product depth of 2 inches or less. Use 1 pan for 25 servings. Use 3 pans for 75 servings.
9. CCP: Cool to 41°F or lower within 4 hours. Refrigerate until ready to serve.

**Nutrition Facts**
Serving Size (142g)
**Calories** 110
Calories from Fat 35

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 3.5g | 5% | **Total Carbohydrate** 17g | 6% |
| Saturated Fat 1g | 5% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 4g | |
| **Cholesterol** 50mg | 17% | **Protein** 4g | 8% |
| **Sodium** 330mg | 14% | | |

Vitamin A 4% • Vitamin C 10% • Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Pulled Pork

Meat/ Meat Alternate

# Pulled Pork

**Helpful Hint**

*Serve with 2–4 Tbsp of barbeque sauce for a special treat.*

*The pork cubes may also be cooked in a pressure cooker. Cook in batches for 20–35 minutes depending on batch size.*

*Pork roast(s) may be cooked whole. Rub 4–5 lb. roasts with sauce and roast covered at 275°F–300°F for 6–12 hours.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Pork** shoulder or butt (4–5 lb roasts) | 4 lbs 8 oz. | 13 lbs. 8 oz. |
| Worcestershire sauce | 2 Tbsp + 2 tsp | 1/4 cup + 1 Tbsp + 1 tsp |
| Salt | 2/3 tsp | 2 tsp |
| Chili powder | 2 Tbsp | 1/4 cup + 2 Tbsp |
| Cumin | 1 1/3 tsp | 1 Tbsp + 1 tsp |
| Mustard powder | 2 2/3 tsp | 2 Tbsp + 2 tsp |
| Coriander | 2/3 tsp | 2 tsp |
| Brown sugar | 1/4 cup | 3/4 cup |

**Serving Size:** 2 1/2 oz of pork, cooked
**Credit As:** 2 oz M/MA

**Nutrition Facts**
Serving Size (45g)
**Calories** 100
Calories from Fat 50

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 5g | 8% | **Total Carbohydrate** 1g | 0% |
| Saturated Fat 2g | 10% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 1g | |
| **Cholesterol** 40mg | 13% | **Protein** 11g | 22% |
| **Sodium** 55mg | 2% | | |

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

**DIRECTIONS**

1. Cut pork roast(s) into 1"–2" cubes and place in steamtable pans (20" x 12" x 2 1/2") prepared with pan release spray.
2. Combine Worcestershire sauce, salt, chili powder, cumin, mustard powder, coriander and brown sugar. Pour over pork cubes and stir to coat.
3. Cover each pan tightly with foil and let sit in refrigerator 1 to 24 hours.
4. Place pans, covered, in oven and bake:
   Conventional oven: 325°F for 5–6 hours
   Convection oven: 300°F for 5–6 hours

   Or

   Place cubes in electric slow cooker(s) or cook and hold ovens and cook 4–5 hours on high, until pork is falling apart when touched with a spoon.

   CCP: Heat to 165°F or higher for 15 seconds.
5. Shred pork by hand, with forks, or by placing into a large stand mixer fitted with a paddle. Gently beat with paddle unit meat is shredded.
6. Serve 1/3 cup pulled pork on a roll, over noodles or on rice.

   CCP: Hold for hot service at 135°F or higher.

# Pumpkin Pancakes

Grain

Meat/ Meat Alternate

# Pumpkin Pancakes

**Fun Fact**

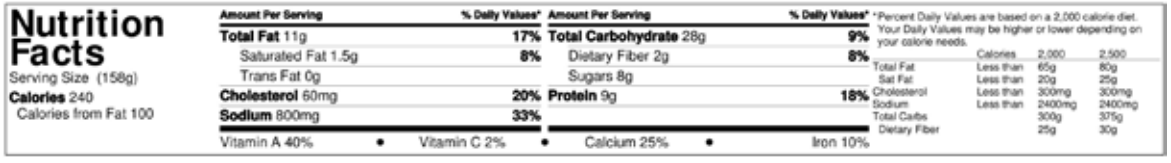
*The largest pumpkin ever grown in Alaska weighed 1,789 pounds.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Whole wheat flour | 3 cups | 9 cups |
| All–Purpose flour | 2 cups | 6 cups |
| Brown sugar | 1/2 cup | 1 1/2 cups |
| Baking powder | 1/3 cup | 1 cup |
| Kosher salt | 1 Tbsp + 1 tsp | 1/4 cup |
| Nonfat cottage cheese | 2 cups | 1 quart + 2 cups |
| Nonfat milk | 1 qt + 1 1/3 cups | 1 gallon |
| **Eggs** | 8 each | 24 each |
| **Pumpkin** puree (baked, pureed fresh pumpkin or canned | 3 cups | 9 cups |
| Ground cinnamon | 1 Tbsp + 1 tsp | 1/4 cup |
| Ground ginger | 2 tsp | 2 Tbsp |
| Ground nutmeg | 2 tsp | 2 Tbsp |
| Vegetable oil | 1 cup | 3 cups |

**Serving Size:** 2 pancakes
**Credit As:** 1 1/2 oz WGR grain and 3/4 oz M/MA

**DIRECTIONS**

1. Whisk together whole wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl.
2. Blend cottage cheese with a food processor fitted with a steel blade until smooth. Transfer to a large bowl. Add milk, eggs, pumpkin, cinnamon, ginger and nutmeg; whisk until combined.
3. Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend.
4. Heat griddle to medium–high. Brush the griddle with some oil. Using a 3 oz. scoop, pour batter onto the griddle. Cook until bubbles form on top, 3–5 minutes. Turn and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter and oil.



# Pumpkin Pie Bars

"It's so good and delicious."

Grain

# Pumpkin Pie Bars

**Helpful Hint**

*Best when made a day ahead. Once cool, cover tightly with foil and refrigerate overnight until ready to serve.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Crust** | | |
| **Barley flour** | 3 cup | 2 quart + 1 cup |
| Powdered (Confectioners) sugar | 1 1/2 cup | 1 quart + 1/2 cup |
| Salt | 3/8 tsp | 1 1/8 tsp |
| Canola oil (or other trans fat free oil) | 3/4 cup | 2 1/4 cups |
| **Filling** | | |
| **Pumpkin** puree (baked, pureed fresh pumpkin or canned) | 3 cups | 2 quarts + 1 cup |
| Milk | 3 cups | 2 quarts + 1 cup |
| **Eggs** | 6 each | 18 each |
| White sugar | 3/4 cup | 2 1/4 cup |
| Brown sugar, packed | 3/4 cup | 2 1/4 cup |
| Salt | 3/8 tsp | 1 1/8 tsp |
| Nutmeg | 1/8 tsp | 3/8 tsp |
| Cinnamon | 1 Tbsp | 3 Tbsp |
| Allspice (optional) | 3/8 tsp | 1 1/8 tsp |
| Ginger, ground (optional) | 3/8 tsp | 1 1/8 tsp |

**Serving Size:** 1 bar; **Credit As:** 1/2 oz WGR grain

**Nutrition Facts**
Serving Size (96g)
**Calories** 220
Calories from Fat 70

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 8g | 12% | **Total Carbohydrate** 33g | 11% |
| Saturated Fat 1g | 5% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 22g | |
| **Cholesterol** 45mg | 15% | **Protein** 4g | 8% |
| **Sodium** 100mg | 4% | | |

Vitamin A 20% • Vitamin C 2% • Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

**DIRECTIONS**

1. In food processor or stand mixer, combine barley flour, powdered sugar, salt and vegetable oil. Mix until fully combined and crumbly.
2. Press mixture into bottom of steamtable pan(s) (20" x 12" x 2 1/2"). Use 1 pan for 25 servings. Use 3 pans for 75 servings.
3. Bake until golden brown:
   Conventional oven: 350°F for 12–15 minutes
   Convection oven: 325°F for 9–12 minutes
4. Remove from oven and set aside to cool while making filling.
5. Meanwhile, in stand mixer on medium speed fitted with a whip (or in large bowl by hand with large whisk), mix pumpkin, milk, eggs, white and brown sugar, salt, nutmeg, cinnamon, Allspice and ginger (if using) until fully combined, about 2–3 minutes.
6. Pour mixture over crust and spread evenly. Return to oven.
7. Bake until filling has set:
   Conventional oven: 350°F for 1 hour –1 hour 15 minutes
   Convection oven: 325°F for 50–55 minutes
8. Remove from oven. Let cool completely.
   CCP: Cool to 70°F or lower within 2 hours. Cool for 70°F to 41°F within 4 hours.
9. Cut each pan into 25 pieces (5 pieces x 5 pieces)
10. Cover tightly and refrigerate.
    CCP: Store at 41°F or below until ready to serve.

# Pumpkin Squares

Grain

"I would marry it."

# Pumpkin Squares

**Helpful Hint**

*Try using other varieties of winter squash instead of pumpkin.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Whole wheat flour | 2 1/2 cups | 7 1/2 cups |
| All-Purpose flour | 1 cup + 2 tsp | 3 cups + 2 Tbsp |
| Baking powder | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Ground cinnamon | 2 1/2 tsp | 2 Tbsp + 1 1/2 tsp |
| Baking soda | 1 1/4 tsp | 1 7/8 tsp (1 3/4 tsp+1/8 tsp) |
| Kosher salt | 1/2 tsp | 1 3/4 tsp |
| **Eggs** (or equivalent liquid eggs) | 6 large | 17 1/2 large |
| **Pumpkin** puree (baked, pureed fresh pumpkin or canned | 2 cups + 1 Tbsp | 6 1/4 cups |
| Granulated sugar | 2 cups + 1 Tbsp | 6 1/4 cups |
| Vegetable oil | 1 1/2 cups | 4 1/3 cups |

**Serving Size:** 1 piece
**Credit As:** 1 1/4 oz WGR grain

**DIRECTIONS**

1. Preheat convection oven to 350°F or conventional oven to 375°F. Coat sheet pans with cooking spray. Use 1 half-sheet pan for 25 servings or 3 half-sheet pans for 75 servings.
2. Sift together whole wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl. Whisk together eggs, sugar, oil and pumpkin in another large bowl. Add dry ingredients to the wet ingredients and mix well. (Do not overmix). Scrape mixture onto the prepared sheet pan(s) and spread evenly.
3. Bake until a toothpick inserted in the center comes out clean.
   Conventional oven: 20–25 minutes
   Convection oven: 15–20 minutes

**Nutrition Facts**
Serving Size (76g)
**Calories** 220
Calories from Fat 90

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 10g | **15%** | **Total Carbohydrate** 30g | **10%** |
| Saturated Fat 1g | **5%** | Dietary Fiber 2g | **8%** |
| Trans Fat 0g | | Sugars 17g | |
| **Cholesterol** 45mg | **15%** | **Protein** 4g | **8%** |
| **Sodium** 180mg | **8%** | | |

Vitamin A 25% • Vitamin C 2% • Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Reindeer and Red Cabbage

"To drool for."

Meat/ Meat Alternate

Grain

Vegetable

# Reindeer and Red Cabbage

**Helpful Hint**

*Ground beef or any Alaska game meat can be substituted for the ground reindeer meat.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Reindeer meat**, ground, raw | 4 lb 4 oz | 12 lbs 8 oz |
| **Onion**, finely diced | 2 3/4 cup | 2 quarts + 1/2 cup |
| Garlic powder | 1 tsp | 1 Tbsp |
| Water | 1 quart | 3 quarts |
| **Red cabbage**, shredded | 3 gallons + 3 quarts | 11 gallons |
| **Onion**, diced | 2 quarts | 1 gallon + 2 quarts |
| Tomato sauce | 3 quarts + 3 cups | 2 gallons + 3 quarts |
| Tomato paste | 3/4 cup | 2 1/4 cups |
| Beef broth | 1 quart + 2 1/2 cups | 1 gallon + 2 3/4 cup |
| Apple cider vinegar | 1/2 cup + 2 tsp | 1 1/2 cups + 1 Tbsp |
| Salt | 2 Tbsp + 1 tsp | 1/4 cup + 2 Tbsp |
| Black pepper | 1 tsp | 1 Tbsp |
| Garlic powder | 2 Tbsp + 1 tsp | 1/4 cup + 2 Tbsp |
| Thyme, dried, ground | 1/2 tsp | 1 1/2 tsp |
| Brown rice, slightly undercooked | 2 qts + 1 cup | 1 gal + 2 qts + 3 cups |

**Serving Size:** 1 1/2 cups; **Credit As:** 2 oz. M/MA, 2 oz WGR grain, 1 cup other vegetable

## DIRECTIONS

1. In skillet, combine reindeer, diced onion, garlic powder and water.
2. Brown reindeer mixture over medium heat, stirring occasionally, until liquid is evaporated and meat is fully cooked and crumbly.
   CCP: Heat to 165°F or higher for 15 seconds
3. In a steamtable pan, combine reindeer mixture, cabbage, onion, tomato sauce, tomato paste, beef broth, apple cider vinegar, salt, pepper, garlic, thyme and rice. Cover tightly with foil.
4. Bake:
   Conventional oven: 400°F for 1 hour
   Convection oven: 375°F for 1 hour
   CCP: Heat to 165°F or higher for 15 seconds
   CCP: Hold for hot service at 135°F or higher
5. Serve: 1 1/2 (3 No. 8 scoops) cups per plate.

**Nutrition Facts**
Serving Size (585g)
**Calories** 310
Calories from Fat 60

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 7g | 11% | **Total Carbohydrate** 41g | 14% |
| Saturated Fat 2.5g | 13% | Dietary Fiber 8g | 32% |
| Trans Fat 0g | | Sugars 14g | |
| **Cholesterol** 50mg | 17% | **Protein** 23g | 46% |
| **Sodium** 980mg | 41% | | |

Vitamin A 45% • Vitamin C 170% • Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Reindeer Ratatouille

Meat/ Meat Alternate

Vegetable

"Best thing I've ever tasted."

# Reindeer Ratatouille

**Helpful Hint**

*Use any Alaska game meat.*

*Unused meat for ratatouille recipe will freeze well, and may be used in any recipe that calls for shredded beef including Taco Meat on page 94.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Reindeer** roast, bone–in | 12 lbs. | 36 lbs. |
| Worcestershire sauce | 1/4 cup | 3/4 cup |
| Brown sugar | 1/4 cup | 3/4 cup |
| Garlic powder | 1 1/4 tsp | 1 Tbsp + 1 tsp |
| Onion powder | 1 1/4 tsp | 1 Tbsp + 1 tsp |
| Salt | 1/2 tsp | 1 1/2 tsp |
| Coriander, dried ground | 1/2 tsp | 1 1/2 tsp |
| Thyme, dried, ground | 1/2 tsp | 3/4 tsp |
| Oregano, dried | 1/4 tsp | 3/4 tsp |

**A note about reindeer roasts:** Because the Alaska reindeer industry is less commercialized than the beef industry, purchased cuts will not always be consistent in size, weight and yield. This recipe allows the use of any cut, from any part of the animal. Bone-in roasts will yield around 30% of their initial, as purchased, weight after they are cooked and cleaned. "Non-prime" cuts that are typically considered "tough" or designated for stew meat will be ideal as the long, slow cooking process leaves the meat fall-apart tender and very flavorful. Because this recipe was designed to have flexibility, the assumed yield errs on the conservative side and you may end up with more cooked reindeer meat than the designated number of servings.

**DIRECTIONS**

1. Combine Worcestershire sauce, brown sugar, garlic powder, onion powder, salt, coriander, thyme, and oregano. Rub liberally over the surface of the meat and allow to sit (chilled) for at least 1 hour, up to 24.
2. Place roast in a slow cooker or roasting pan. Cook, covered, on low or at 300°F for 5–10 hours, until meat is fall apart tender. This can be done overnight up to 3 days ahead of time.
3. When meat has cooled enough to handle, use gloves to pull apart and clean, removing bones, silverskin and tendons or gristly bits.
4. Shred remaining meat by hand using two forks, or on low in a stand mixer fitted with a paddle attachment.
5. It is possible to substitute ground reindeer instead of a roast. Follow the cooking instructions for the meat, including seasonings, in Reindeer and Red Cabbage recipe on page 82. Quantities will be the same for 25 and 75.

*Continued on page 86.*

**Nutrition Facts**

Serving Size grams (207g)

**Calories** 170

Calories from Fat 60

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 7g | 11% | **Total Carbohydrate** 7g | 2% |
| Saturated Fat 2.5g | 13% | Dietary Fiber 1g | 4% |
| Trans Fat 0g | | Sugars 4g | |
| **Cholesterol** 55mg | 18% | **Protein** 21g | 42% |
| **Sodium** 290mg | 12% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Reindeer Ratatoullie (cont.)

**Recipe Secret**

*Ratatouille is a provincial French tradition which typically contains eggplant, in addition to the vegetables in this recipe. As eggplant can be difficult and costly to obtain in many parts of Alaska, this recipe was developed to be just as tasty without it. If you have access to eggplant, feel free to substitute it for a portion of the zucchini and bell pepper.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Ratatoullie** | | |
| Water | 1/4 cup | 3/4 cup |
| Cornstarch | 2 tsp | 2 Tbsp |
| **Zucchini**, diced | 3 1/3 cups | 2 quarts + 1 cup |
| **Bell pepper**, diced | 2 1/4 cups | 1 quart + 2 cups |
| **Onion**, diced | 1 cup | 3 cups |
| Thyme, dried | 1/8 tsp | 1/4 tsp |
| Basil, dried | 1/4 tsp | 3/4 tsp |
| Sage, dried, ground | 1/16 tsp | 1/8 tsp |
| Parsley, dried | 1/2 tsp | 1 1/2 tsp |
| Garlic powder | 1/4 tsp | 3/4 tsp |
| Salt | 1/2 tsp | 1 1/2 tsp |
| Black pepper | 1/8 tsp | 1/4 + 1/8 tsp |
| Red wine vinegar | 2 Tbsp + 1 tsp | 1/4 cup + 2 Tbsp |
| Tomato, canned, diced with juice | 3 1/3 cups | 2 quarts + 1 cup |
| Tomato paste | 2 1/4 tsp | 2 Tbsp |
| Beef broth | 3 1/3 cups | 2 quarts + 1 cup |

**Serving Size:** 1/3 cup reindeer + 1/2 cup vegetables
**Credit As:** 2 oz M/MA and 1/2 cup other vegetable

**DIRECTIONS**

**Ratatoullie**

1. Combine water and cornstarch to make a slurry.
2. Combine all ingredients in a large pot, including the cornstarch and water slurry.
3. Stir to combine.
4. Bring pot to a boil, reduce heat and simmer, uncovered, until peppers and onions are soft and most of the liquid has evaporated, about 40 minutes.

   CCP: Heat to 165°F or higher for 15 seconds.
5. To serve: place 2 1/2 ounces (about 1/3 cup or No. 12 scoop) of shredded reindeer meat on plate, top with 1/2 cup (4 oz. portion server) of vegetables.

# Notes

# Roasted Fish with Crispy Slaw Wrap

Meat/ Meat Alternate

Grain

Vegetable

# Roasted Fish with Crispy Slaw Wrap

**Helpful Hint**

*Spray each fillet with cooking oil instead of brushing with olive oil.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Red cabbage**, shredded | 2 qts + 1/2 cup | 1 gal + 2 qts + 1 1/2 c. |
| **Green cabbage**, shredded | 2 1/2 cups | 1 quart + 3 1/2 cups |
| **Carrots**, shredded | 1 quart + 1 cup | 3 quarts + 3 cups |
| **Bok choy**, julienne sliced | 2 1/2 cups | 1 quart + 3 1/2 cups |
| **Cilantro**, chopped | 1/2 cup | 1 1/2 cups |
| Light Balsamic vinaigrette dressing | 2 1/3 cup | 1 quart + 3 cups |
| **White fish, cod** or **rockfish**, cut into 4 oz portions | 25 pieces | 75 pieces |
| Extra virgin olive oil | 1/4 cup | 3/4 cup |
| Salt-free chili-lime seasoning blend | 1/4 cup + 1 Tbsp | 3/4 cup + 3 Tbsp |
| **Romaine lettuce**, julienne sliced | 1 qt + 2 1/2 cups | 1 gallon + 2 1/2 cups |
| Whole-grain tortillas, 8" | 25 each | 75 each |
| Avocados, 1/4" slices | 25 slices | 75 slices |
| Limes, cut into quarters, or the equivalent quantity on bottled lime juice | 7 each | 19 each |

**DIRECTIONS**

1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
2. Cover and refrigerate until ready to serve. CCP: Cool to 41°F or lower within 4 hours.
3. Place white fish portions on sheet pan (18" x 26" x 1") lined with parchment paper or lightly coated with pan release spray. For 25 servings, use 1 pan. For 75 servings, use 3 pans.
4. Brush oil on white fish and sprinkle with salt-free seasoning.
5. Roast:

   Conventional oven: 375°F for 12 minutes
   Convection oven: 350°F for 9 minutes

   When done, fish will flake easily with a fork.

   CCP: Heat to 145°F or higher for at least 15 seconds.
6. CCP: Hold at 135°F or higher.
7. Place 1/4 cup lettuce on tortilla.

   Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling.

   Roll in the form of a burrito and seal.

**Serving Size:** 1 wrap
**Credit As:** 2 3/4 oz equivalent M/MA, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 7/8 cup other vegetable, and 1 1/2 oz equivalent grains

**Nutrition Facts**

Serving Size grams (307g)
**Calories** 360
Calories from Fat 120

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 13g | 20% | **Total Carbohydrate** 33g | 11% |
| Saturated Fat 2g | 10% | Dietary Fiber 6g | 24% |
| Trans Fat 0g | | Sugars 4g | |
| **Cholesterol** 55mg | 18% | **Protein** 28g | 56% |
| **Sodium** 690mg | 29% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Salmon & Vegetable Burgers

Meat/ Meat Alternate

Vegetable

Grain

"I'm in love with it it's so good."

# Salmon & Vegetable Burgers

**Serving Secrets**

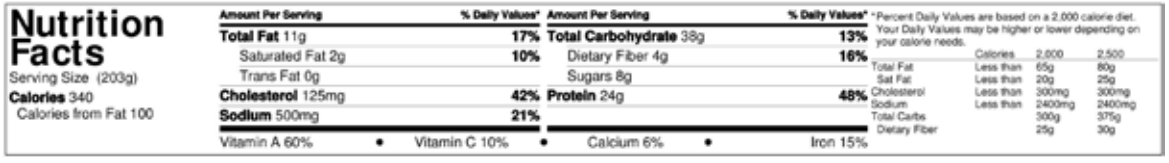
*Make chicken burgers instead of salmon burgers. Replace the salmon with canned chicken.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Salmon** | 2 qts + 2 cups | 1 gal + 3 qts + 1 cups |
| **Carrots**, fresh, shredded | 3 cups | 9 cups |
| **Celery**, fresh, thinly sliced | 2 1/2 cups | 3 cups |
| **Onion**, fresh, thinly sliced | 1 cup + 2 Tbsp | 1/4 cup + 2 Tbsp |
| **Zucchini**, fresh, shredded | 3 1/4 cups | 2 quarts + 1 3/4 cups |
| Dill weed | 1/2 tsp | 1 1/2 tsp |
| Garlic powder | 1/2 tsp | 1 1/2 tsp |
| Lemon juice | 2 tsp | 2 Tbsp |
| **Eggs** | 9 each (2 1/4 c.) | 27 each (1qt + 2 1/4 c.) |
| Breadcrumbs | 1 cup | 3 1/4 cups |
| Whole grain barley hamburger buns (or other whole grain bun) | 25 | 75 |
| Ketchup | 3/4 cup + 1 1/2 tsp | 2 1/4 cup + 1 Tbsp |
| Mayonnaise, lite | 3/4 cup + 1 1/2 tsp | 2 1/4 cup + 1 Tbsp |

**Serving Size:** 1 burger plus bun and condiments
**Credit As:** 2 oz M/MA, 2 oz WGR grain and 1/3 cup vegetable

**DIRECTIONS**

1. Place salmon in large bowl or in mixer bowl fitted with paddle attachment.
2. Add carrots, celery, onion, zucchini, dill weed, garlic powder, lemon juice eggs and breadcrumbs to chicken. Stir or mix on low until fully combined.
3. Spray sheet pan well with pan release spray. Use a heaping 1/2 cup (No. 8 scoop) per patty. Form each into a patty about 3/4" thick. Place patties on sheet pan about 1 inch apart.
5. Bake:
   Conventional oven: 400°F for 18–20 minutes or until fully cooked and each patty holds together.
   Convection oven: 375°F for 15–18 minutes or until fully cooked and each patty holds together.
   CCP: Heat to 165°F or higher for 15 seconds.
6. Serve immediately or hold for hot service.
   CCP: Hold for hot service at 135°F or higher.
7. To serve: place 1 1/2 tsp lite mayonnaise and 1 1/2 tsp of ketchup on each bun. Place 1 burger inside each bun and serve.



**Nutrition Facts**
Serving Size (203g)
**Calories** 340
Calories from Fat 100

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 11g | 17% | **Total Carbohydrate** 38g | 13% |
| Saturated Fat 2g | 10% | Dietary Fiber 4g | 16% |
| Trans Fat 0g | | Sugars 8g | |
| **Cholesterol** 125mg | 42% | **Protein** 24g | 48% |
| **Sodium** 500mg | 21% | | |

Vitamin A 60% • Vitamin C 10% • Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Strawberry Spinach Salad

Fruit

Vegetable

"It's really, really good."

# Strawberry Spinach Salad

**Cook's Tip**

*Try replacing the maple syrup with equal parts Alaskan birch syrup.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Sunflower seeds, pumpkin seeds, or slivered almonds (optional) | 2 cups | 1 quart + 2 cups |
| **Cucumbers** | 1 1/2 lbs. | 4 1/2 lbs. |
| Fresh strawberries | 1 lb. 10 oz. | 4 lbs. 14 oz. |
| **Romaine lettuce** | 1 lb. 2 oz. | 3 lbs. 6 oz. |
| **Baby spinach** | 1 gallon + 1 quart | 3 gallons + 3 quarts |
| Balsamic vinegar | 1/4 cup | 3/4 cup |
| Maple syrup | 3 Tbsp | 1/2 cup + 1 Tbsp |
| Dijon mustard | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Garlic powder | 3/4 tsp | 2 1/4 tsp |
| Salt | 1/2 tsp | 1 1/2 tsp |
| Pepper, black, ground | 1/2 tsp | 1 1/2 tsp |
| Vegetable oil or olive oil | 1/2 cup | 1 1/2 cups |

**Serving Size:** 1 1/4 cups
**Credit As:** 1/2 cup dark green vegetable, 1/8 cup other vegetable and 1/8 cup fruit

**DIRECTIONS**

1. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.
2. Peel cucumbers. Cut in half lengthwise then slice 1/4" thick.
3. Hull strawberries and cut into 1/4" thick slices.
4. Trim romaine and cut into 1" pieces.
5. Mix spinach and romaine in a large bowl.
6. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.
7. Add the strawberries, cucumbers and toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.

**Nutrition Facts**
Serving Size grams (123g)
**Calories** 140
Calories from Fat 90

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 10g | 15% | **Total Carbohydrate** 9g | 3% |
| Saturated Fat 1g | 5% | Dietary Fiber 3g | 12% |
| Trans Fat 0g | | Sugars 4g | |
| **Cholesterol** 0mg | 0% | **Protein** 4g | 8% |
| **Sodium** 75mg | 3% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Sweet 'n Sour Fish

Meat/ Meat Alternate

Grain

# Sweet 'n Sour Fish

**Cook's Tip**

*Try this recipe with chicken instead of fish.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Crispy **Fish** Fingers (page 33) | 4 1/4 lbs. | 12 3/4 lbs. |
| Brown rice, cooked | 8–8 1/2 cups | 26 cups |
| **Sauce** | | |
| Water | 1/2 cup | 1 cup |
| Cornstarch | 1/4 cup + 1 Tbsp | 3/4 cup + 3 Tbsp |
| Water | 5 3/4 c. (1 qt + 1 3/4 c.) | 17 3/4 c. (1 gal + 1 3/4 c.) |
| Vinegar | 3/4 cup + 3 Tbsp | 2 3/4 cup + 1 Tbsp |
| Sugar, white | 1 1/4 cup + 1 Tbsp + 1 tsp | 4 cups |
| Ketchup | 1/2 cup + 2 Tbsp | 1 3/4 cup + 2 Tbsp |
| Salt | 1 1/4 tsp | 1 Tbsp + 3/4 tsp |

**Serving Size:** 1/3 cup brown rice, 3 oz fish, 1/4 cup sweet and sour sauce
**Credit As:** 2 oz M/MA and 2 oz WGR grain

**DIRECTIONS**

1. Cook fish sticks according to Fish Stick Recipe on page 33.
2. Cook rice according to package instructions.
3. Combine 1/2 cup water with cornstarch.Whisk together until fully combined and there are no lumps.
4. In a medium sauce pan, combine cornstarch slurry with remaining water, vinegar, sugar, ketchup and salt. Whisk until fully combined. Bring to a boil over high heat. Reduce heat to low and simmer for 10–15 minutes until thickened. Stir occassionally to prevent sticking.
5. To serve, place 1/3 cup brown rice on plate, top with 3 oz Crispy Fish Fingers and 1/4 cup (2 oz) sweet and sour sauce. Or serve sweet and sour sauce on the side.

**Nutrition Facts**
Serving Size grams (175g)
**Calories** 160
Calories from Fat 20

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 2.5g | 4% | **Total Carbohydrate** 21g | 7% |
| Saturated Fat 0.5g | 3% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 14g | |
| **Cholesterol** 60mg | 20% | **Protein** 12g | 24% |
| **Sodium** 400mg | 17% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Taco Meat

Meat/ Meat Alternate

# Taco Meat

**Helpful Hint**

*Make this recipe with any type of meat: shredded pork, canned chicken chunks or game meat like canned or cooked, shredded moose or caribou.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Cooked ground or shredded **beef**, **pork** or chicken | 3 lbs 2 oz | 9 lbs 6 oz |
| **Onion**, raw | 1 3/4 cups | 5 cups |
| Salt | 3/4 tsp | 2 1/4 tsp |
| Garlic powder | 1 Tbsp + 1 tsp | 1/4 cup |
| Black pepper | 1 tsp | 1 Tbsp |
| Chili powder | 2 Tbsp + 1/4 tsp | 1/4 cup + 2 1/4 tsp |
| Cumin, ground | 1 Tbsp | 3 Tbsp |
| Onion powder | 2 1/3 tsp | 2 Tbsp + 1 tsp |
| Coriander, ground | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Oregano | 3/4 tsp | 2 1/4 tsp |
| Tomato paste | 1 cup | 3 cups |
| Tomatoes in juice, no salt added | 2 cups | 1 quart + 2 cups |
| Water | 3/4 cup | 2 /4 cups |

**Serving Size:** 2 oz
**Credit As:** 2 oz M/MA

**DIRECTIONS**

1. Combine all ingredients in shallow pan or skillet. Simmer on medium low stirring occassionally until liquid has reduced to a thick sauce on the meat.

**Tip:** Use in tamale pie and breakfast burritos.

**Nutrition Facts**

Serving Size grams (117g)
**Calories** 140
Calories from Fat 50

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 5g | 8% | **Total Carbohydrate** 5g | 2% |
| Saturated Fat 2g | 10% | Dietary Fiber 1g | 4% |
| Trans Fat 0g | | Sugars 3g | |
| **Cholesterol** 50mg | 17% | **Protein** 18g | 36% |
| **Sodium** 240mg | 10% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Tamale Pie

Meat/ Meat Alternate

Vegetable

Grain

# Tamale Pie

**Helpful Hint**

*Cheese may be mixed into cornbread topping instead of sprinkling over the top.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Canola oil | 1 Tbsp + 1 tsp | 1/4 cup |
| **Carrots**, grated | 5 1/3 cups | 16 cups |
| **Zucchini**, shredded | 3 cups | 9 cups |
| **Celery**, thinly sliced | 2 cups (~1 bunch) | 6 cups (~3 bunches) |
| **Onion**, thinly sliced | 1 2/3 cups | 5 cups |
| Salt | 3/4 tsp | 2 1/4 tsp |
| Taco Meat (See recipe on page 94) | 4 lbs 6 oz | 13 lbs 2 oz |
| **Cornbread Topping** | | |
| **Barley flour** | 1 1/2 cups | 4 1/2 cups |
| Cornmeal | 1 1/2 cups | 4 1/2 cups |
| Sugar | 1/4 cup + 3 Tbsp | 1 1/2 cups |
| Salt | 1/2 tsp | 1 1/2 tsp |
| Baking powder | 2 1/4 tsp | 2 Tbsp + 1 tsp |
| Canola oil | 1/4 cup + 2 Tbsp | 3/4 cup |
| **Eggs** | 3 each | 9 each |
| Milk, fat free | 1 1/2 cups | 4 1/2 cups |
| Shredded cheese | 4 1/2 oz | 12 1/2 oz |

**Serving Size:** 1 piece;
**Credit As:** 1 1/2 oz M/MA, 1/3 cup other vegetables and 1 oz serving of WGR grains

**Nutrition Facts**
Serving Size 159 grams
**Calories** 230
Calories from Fat 80

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 9g | **14%** | **Total Carbohydrate** 23g | **8%** |
| Saturated Fat 2g | **10%** | Dietary Fiber 3g | **12%** |
| Trans Fat 0g | | Sugars 7g | |
| **Cholesterol** 50mg | **17%** | **Protein** 15g | **30%** |
| **Sodium** 310mg | **13%** | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

## DIRECTIONS

1. In food processor, grate carrots and zucchini. Use slicing attachment to thinly slice onions and celery or chop thinly by hand.
2. Heat canola oil in pan over medium. Add carrot, onion, celery, zucchini, and salt. Saute for about 5–7 minutes.
3. Add taco meat. Stir until well combined.
   CCP: Heat to 165°F for at least 15 seconds.
4. Spread mixture into steamtable pans (20" x 12" x 2 1/2") sprayed with pan release spray. Use 1 pan for 25 servings. Use 3 pans for 75 servings. Meat and vegetable mixture may be prepared ahead and refrigerated overnight.
   CCP: Cool to 70°F within 2 hours and from 70°F–41°F within an additional 4 hours.

For Cornbread Topping

5. Blend barley flour, cornmeal, sugar, salt and baking powder in mixer on low for 1 minute.
6. In a separate bowl, mix oil, eggs and milk.
7. Pour wet ingredients into dry ingredients and blend for 2–3 minutes on medium until just combined. Batter may be lumpy.
8. Pour cornbread mixture over meat mixture in each pan and spread into corners of pan.
9. Bake:
   Conventional oven: 400°F for 30–35 minutes
   Convection oven: 350°F for 25–30 minutes
   CCP: Heat to 165°F for higher for at least 15 seconds.
10. Sprinkle 4–5 ounces of cheese over cornbread in each pan.
    CCP: Hold for hot service at 135°F or higher.
11. Cut each pan 5 x 5 (25 portions per pan).

# Teriyaki Salmon Caesar Salad

Meat/ Meat Alternate

Vegetable

# Teriyaki Salmon Caesar Salad

**Helpful Hint**

*Chicken fillets can be substituted for the salmon fillets.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Salmon** fillets, raw, boneless | 4 lbs 8 oz | 13 lbs 8 oz |
| Prepared Teriyaki Sauce | 1 cup | 2 3/4 cups |
| or see recipe below | | |
| **Dressing** | | |
| Yogurt, plain, fat free | 1 1/3 cups | 1 quart + 3 Tbsp |
| Mayonnaise, lite | 1/2 cup + 1 tsp | 3/4 cup + 1 Tbsp |
| Sugar | 2 3/4 tsp | 2 Tbsp + 2 1/2 tsp |
| Lemon juice | 2 3/4 tsp | 2 Tbsp + 2 1/2 tsp |
| Olive oil | 1 Tbsp + 2 1/2 tsp | 1/4 cup + 1 Tbsp + 1 1/2 tsp |
| Water | 2 Tbsp + 2 tsp | 1/2 cup + 1 tsp |
| Garlic powder | 2 3/4 tsp | 2 Tbsp + 2 1/2 tsp |
| Salt | 1 tsp | 1 Tbsp |
| Mustard, dried, ground | 2/3 tsp | 2 tsp |
| Black pepper | 1/8 tsp | 1/4 + 1/8 tsp |
| **Romaine lettuce** | 1 gal + 2 qts + 1 cup | 4 gal + 2 qts + 3 cups |
| Parmesan cheese | 1 1/3 cup | 1 quart |
| Croutons, whole grain | 3 1/4 c | 2 quarts + 1 3/4 cups |

**Serving Size:** 1 cup romaine lettuce, 3–4 croutons and 2 1/2 oz teriyaki salmon
**Credit As:** 2 oz M/MA and 1/2 cup dark green vegetable

**Nutrition Facts**
Serving Size grams (168g)
**Calories** 230
Calories from Fat 110

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 12g | 18% | **Total Carbohydrate** 10g | 3% |
| Saturated Fat 3.5g | 18% | Dietary Fiber 1g | 4% |
| Trans Fat 0g | | Sugars 4g | |
| **Cholesterol** 50mg | 17% | **Protein** 20g | 40% |
| **Sodium** 520mg | 22% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

**DIRECTIONS**

1. Spray sheet pans with pan release spray.
2. Place fillets on sheet pans with skin side down. Space fillets about 1" apart.
3. Brush the top of salmon fillets with teriyaki glaze.
4. Bake:
   Conventional oven: 350°F for 20 minutes
   Convection oven: 325°F for 15 minutes
   CCP: Heat to 145°F or higher for 15 seconds.
   Serve hot or cold.
   CCP: Hold for hot service at 135°F or higher
   CCP: Hold for cold service at 41°F or below
6. In large bowl, combine yogurt, mayonnaise, sugar, lemon juice, olive oil, water, garlic powder, salt, ground mustard and black pepper. Stir or whisk until fully combined. Place in refrigerator and let sit a minimum of 1 hour. May sit up to 24 hours.
7. Chop romaine lettuce into 1/2"–1" pieces. Place in large bowl. Add parmesan cheese and slowly add dressing. Gently toss to evenly coat lettuce with dressing.
8. To serve: Place 1 cup dressed romaine lettuce on plate. Add 3–4 croutons per serving. Top with 2 1/2 oz portion of salmon per serving.

# Teriyaki Sauce

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Teriyaki Sauce** | | |
| Soy sauce, low sodium | 1/2 cup + 2 tsp | 1 1/2 cups + 2 Tbsp |
| Brown sugar, packed | 1/2 cup + 2 tsp | 1 1/2 cups + 2 Tbsp |
| Pineapple juice | 1/2 cup + 2 Tbsp | 1 3/4 cups + 2 Tbsp |
| Apple cider vinegar | 2 3/4 tsp | 2 Tbsp + 2 1/4 tsp |
| Canola oil | 2 3/4 tsp | 2 Tbsp + 2 1/4 tsp |
| Garlic powder | 1/4 + 1/8 tsp | 1 tsp |
| Ginger, ground | 1/8 tsp | 1/2 tsp |
| Cornstarch | 1 1/2 tsp | 1 Tbsp + 1 1/2 tsp |
| Water | 2 Tbsp + 2 1/2 tsp | 1/2 cup + 1 1/2 tsp |

## DIRECTIONS

1. In sauce pan, combine soy sauce, brown sugar, pineapple juice, vinegar, canola oil, garlic powder and ginger.
2. In separate dish, combine cornstarch and water. Whisk to make a slurry.
3. Whisk cornstarch slurry into ingredients in sauce pan.
4. Bring to a boil. Reduce heat to bring mixture to a simmer. Simmer 10 minutes until sauce has thickened.

# Notes

# Winter Vegetable Soup

Vegetable

Grain

# Winter Vegetable Soup

**Helpful Hint**

*Replace lentils with canned beans. Use 2 cups for 25 servings. Use 1 quart + 2 cups for 75 servings.*

*Use par-baked squash instead of raw squash.*

*Use a sturdier noodle like macaroni in place of the egg noodles.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| **Kale**, **collard greens** or **Swiss chard** | 2 lbs | 6 lbs |
| **Carrots** | 1 lb | 3 lbs |
| **Onion** | 1 large | 3 large |
| Vegetable oil | 2 Tbsp | 1/2 cup + 2 Tbsp |
| Garlic, chopped | 1 Tbsp + 1 1/2 tsp | 1/4 cup + 1 1/2 tsp |
| Kosher salt | 1 Tbsp + 1/2 tsp | 3 Tbsp + 1 1/2 tsp |
| **Butternut squash**, diced, peeled, seeded (1/2" pieces) | 2 cups | 1 quart + 2 cups |
| **Turnip**, diced, peeled (1/2" pieces) | 1 cup | 3 cups |
| Water | 2 gal + 3 qts + 2 c | 8 gal + 2 qts + 2 c |
| Pasta, whole wheat | 2 quarts | 1 gallon + 2 quarts |
| Green lentils, dry | 1 cup | 3 cups |
| Chicken base | 2 Tbsp + 1 1/2 tsp | 1/4 c + 3 Tbsp + 1 1/2 tsp |
| Ground black pepper | 1 tsp | 1 Tbsp |

**Serving Size:** 1 cup
**Credit As:** 1/8 cup red/orange vegetable, 1/4 cup dark green vegetable, and 1/8 cup bean/legumes or 1/2 oz M/MA and 1/2 oz WGR grain

**Nutrition Facts**
Serving Size 577 grams
**Calories** 110
Calories from Fat 15

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 0g | 0% | **Total Carbohydrate** 21g | 7% |
| Saturated Fat 0g | 0% | Dietary Fiber 4g | 16% |
| Trans Fat 0g | | Sugars 3g | |
| **Cholesterol** 0mg | 0% | **Protein** 5g | 10% |
| **Sodium** 380mg | 16% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

**DIRECTIONS**

1. Remove tough ribs from kale (or collard greens or Swiss chard). Cut into 1/2" pieces.
2. Trim and peel carrots and onions. Cut into 1/2" dice.
3. Heat oil in a large stockpot over medium heat. Add the onion, garlic and part of salt (1 1/2 tsp for 25 servings, 1 Tbsp + 1 1/2 tsp for 75 servings). Cook, stirring occasionally, until browned, 10–15 minutes. Add the carrots, squash and turnips. Reduce heat to medium–low and cook, stirring occasionally, until tender, 10–15 minutes.
4. Meanwhile, bring water (1 gal + 2 qts for 25 servings, 4 gal + 2 qt for 75 servings) to a boil in a large pot. Cook pasta until tender, about 10 minutes. Drain and set aside.
5. Bring water (2 c for 25 servings, 1 qt + 2 c for 75 servings), lentils and salt (1/2 tsp for 25 servings, 1 1/2 tsp for 75 servings) to a boil in a large saucepan. Reduce heat to a simmer and cook until tender, about 30 minutes. Drain and set aside.
6. When the vegetables are tender, add water, salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.
7. Add the greens and cook until tender, about 5 minutes. Add the drained lentils.
8. To serve, add 2/3 cup cooked noodles to the individual bowls, ladle soup over the top or stir cooked noodles into the pot of soup.

   CCP: Hold for hot service at 135°F or higher.

# Zucchini Muffins

Grain

Vegetable

# Zucchini Muffins

## Serving Secrets

*These can be made up to two days in advance. Store in airtight container after they are completely cooled.*

| INGREDIENTS | 25 SERVINGS | 75 SERVINGS |
|---|---|---|
| Sugar | 1 2/3 cup | 1 quart + 1 cup |
| Canola oil | 1/2 cup | 1 1/2 cups |
| Applesauce | 1/2 cup | 1 1/2 cups |
| **Eggs** | 3 each | 9 each |
| **Zucchini**, shredded | 3 1/3 cups | 2 quarts + 2 cups |
| Vanilla | 1 Tbsp | 3 Tbsp |
| All-purpose flour | 1 1/4 cups | 3 3/4 cups |
| Whole wheat flour | 1 1/4 cups | 3 3/4 cups |
| **Barley flour** | 1 1/4 cups | 3 3/4 cups |
| Salt | 1 tsp | 1 Tbsp |
| Baking soda | 1 tsp | 1 Tbsp |
| Baking powder | 1/4 tsp | 3/4 tsp |
| Cinnamon | 1 Tbsp | 3 Tbsp |

**Serving Size:** 1 muffin (2.15 oz.)
**Credit As:** 2 oz WGR grain and 1/8 cup of other vegetable

## DIRECTIONS

1. Prepare muffin tins by spraying liberally with pan release spray or line with paper muffin cups. Set aside.
2. Combine sugar, canola oil, applesauce, eggs, zucchini and vanilla in large bowl or mixer fitted with paddle attachment. Stir or mix on low to combine.
3. In separate bowl, combine all purpose flour, whole wheat flour, barley flour, salt, baking soda and cinnamon. Stir to combine.
4. Pour dry ingredients into wet ingredients. Stir or mix on medium for 1–2 minutes to combine. Do not overmix. Batter may be slightly lumpy.
5. Pour 1/3 cup batter (No. 12 scoop) (2.25 oz) into each prepared muffin cup.
6. Bake:

   Conventional oven: 350°F for 20–25 minutes
   Convection oven: 325°F for 16–20 minutes

   Or until toothpick inserted into center comes out clean
   CCP: Heat to 165°F for 15 seconds.
7. Cool completely and serve.

**Nutrition Facts**
Serving Size (67g)
**Calories** 180
Calories from Fat 60

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|---|---|---|---|
| **Total Fat** 7g | 11% | **Total Carbohydrate** 28g | 9% |
| Saturated Fat 0.5g | 3% | Dietary Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 14g | |
| **Cholesterol** 20mg | 7% | **Protein** 3g | 6% |
| **Sodium** 105mg | 4% | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |


Traditional foods are an important part of the Alaska Native culture. Traditional foods are especially good sources of nutrients like protein, iron and Vitamin A, and are low in saturated fat and sugar.

According to state regulations traditional wild game meat, seafood, plants, and other food may be donated to a food service of a residential childcare facility, a school lunch program, or a senior meal program provided that certain conditions are met. It is very important to read and apply the Alaska State Food Code Regulations if you intend to accept such a donation.

Donated foods that Child Nutrition Programs can accept:

- Wild game meat in whole or quarters or roasts, no burger or ground meats
- Seafood whole in round or gutted and gilled from commercial sources only.
- Berries, vegetables and wild plants.
- Eggs

When accepting donated traditional foods, Child Nutrition Programs need to check that the animal was not diseased and that it was butchered, transported and stored cleanly and kept cool to prevent spoilage. After the donation is inspected, it should be labeled and cooled or frozen promptly. When preparing for meal service, the food items should be defrosted in the refrigerator. Cooking temperature for game meat is 165°F and fish should be cooked to 145°F

Traditional foods that cannot be accepted or used in a Child Nutrition Program include:

- Fox meat
- Walrus meat
- Bear meat
- Seal or whale oil, with or without meat
- Fermented game meat (Beaver tail, Whale or Seal Flipper, Muktuk)
- Fermented seafood (Salmon eggs, fish)
- Home canned foods
- Home smoke or dried meats/seafood
- Home vacuum packaged foods
- Shellfish from unapproved sources

For more information on the Alaska Food Code and Traditional Foods please see 18 AAC 31.

For more information on traditional foods in Child Nutrition Programs, see our website at http://education.alaska.gov/tls/cnp/TFDFG.html

Food Facts

# Nutritional Specifications of Traditional Foods

## Beach Asparagus

**Nutrition Facts**
Serving Size 1 cup (raw)

| Amount Per Serving | |
|---|---|
| **Calories** 15 | |
| | % Daily Values* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 2mg | 1% |
| **Sodium** 23mg | 1% |
| **Total Carbohydrate** 2g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 1g | 2% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Black Cod

**Nutrition Facts**
Serving Size 3 ounce (cooked)

| Amount Per Serving | |
|---|---|
| **Calories** 89 | Calories from Fat 10 |
| | % Daily Values* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 40mg | 13% |
| **Sodium** 77mg | 3% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 20g | 40% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Blueberry

**Nutrition Facts**
Serving Size 1 cup (raw)

| Amount Per Serving | |
|---|---|
| **Calories** 88 | Calories from Fat 11 |
| | % Daily Values* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 9mg | 0% |
| **Total Carbohydrate** 18g | 6% |
| Dietary Fiber 4g | 16% |
| Sugars 0g | |
| **Protein** 2g | 4% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Caribou

**Nutrition Facts**
Serving Size 3 ounce (cooked)

| Amount Per Serving | |
|---|---|
| **Calories** 142 | Calories from Fat 25 |
| | % Daily Values* |
| **Total Fat** 4g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 93mg | 31% |
| **Sodium** 51mg | 2% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 25g | 50% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Cloudberry

**Nutrition Facts**
Serving Size 1 cup (raw)

| Amount Per Serving | |
|---|---|
| **Calories** 76 | Calories from Fat 14 |
| | % Daily Values* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 13g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 4g | 8% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Cod

**Nutrition Facts**
Serving Size 3 ounce (cooked)

| Amount Per Serving | |
|---|---|
| **Calories** 89 | Calories from Fat 10 |
| | % Daily Values* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 40mg | 13% |
| **Sodium** 77mg | 3% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 20g | 40% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Crab

**Nutrition Facts**
Serving Size 3 ounce (cooked)

| Amount Per Serving | |
|---|---|
| **Calories** 82 | Calories from Fat 11 |
| | % Daily Values* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 45mg | 15% |
| **Sodium** 911mg | 38% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 16g | |
| **Protein** 16g | 32% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Crowberry

**Nutrition Facts**
Serving Size 1 cup (raw)

| Amount Per Serving | |
|---|---|
| **Calories** 75 | Calories from Fat 18 |
| | % Daily Values* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 4mg | 0% |
| **Total Carbohydrate** 14g | 5% |
| Dietary Fiber 5g | 20% |
| Sugars 0g | |
| **Protein** 1g | 2% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Deer

**Nutrition Facts**
Serving Size 3 ounce (cooked)

| Amount Per Serving | |
|---|---|
| **Calories** 134 | Calories from Fat 20 |
| | % Daily Values* |
| **Total Fat** 3g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 95mg | 32% |
| **Sodium** 46mg | 2% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 26g | 52% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Duck

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 105 — Calories from Fat 34

| | % Daily Value* |
|---|---|
| **Total Fat** 4g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 65mg | 22% |
| **Sodium** 48mg | 2% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 17g | 34% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Flounder

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 100 — Calories from Fat 9

| | % Daily Value* |
|---|---|
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 58mg | 19% |
| **Sodium** 89mg | 4% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 21g | 42% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Halibut

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 96 — Calories from Fat 19

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 64mg | 21% |
| **Sodium** 73mg | 3% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 19g | 38% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Seaweed

**Nutrition Facts**
Serving Size 1 cup (dried)

**Amount Per Serving**
**Calories** 40

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 145mg | 6% |
| **Total Carbohydrate** 6g | 2% |
| Dietary Fiber 5g | 20% |
| Sugars 0g | |
| **Protein** 4g | 8% |

*Percent Daily Values are based on a 2,000 calorie diet.

## King/Chinook Salmon

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 155 — Calories from Fat 62

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | 11% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 60mg | 20% |
| **Sodium** 48mg | 2% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 22g | 44% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Coho/Silver Salmon

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 123 — Calories from Fat 37

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 49mg | 16% |
| **Sodium** 49mg | 2% |
| **Total Carbohydrate** 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 19g | 38% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Sockeye/Red Salmon

**Nutrition Facts**
Serving Size 3 ounce (canned)

**Amount Per Serving**
**Calories** 137 — Calories from Fat 33

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 59mg | 20% |
| **Sodium** 332mg | 14% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 23g | 46% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Pink/Humpy Salmon

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 127 — Calories from Fat 28

| | % Daily Value* |
|---|---|
| **Total Fat** 4g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 57mg | 19% |
| **Sodium** 73mg | 3% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 22g | 44% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Shrimp

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 84 — Calories from Fat 11

| | % Daily Value* |
|---|---|
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 166mg | 55% |
| **Sodium** 190mg | 8% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 18g | 36% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Trout

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 128 — Calories from Fat 35

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 59mg | 20% |
| **Sodium** 48mg | 2% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 19g | 38% |

*Percent Daily Values are based on a 2,000 calorie diet.

## Whitefish

**Nutrition Facts**
Serving Size 3 ounce (cooked)

**Amount Per Serving**
**Calories** 114 — Calories from Fat 45

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 51mg | 17% |
| **Sodium** 43mg | 2% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 16g | 32% |

*Percent Daily Values are based on a 2,000 calorie diet.

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